



NORTH*Central*

Fall 2010

COMMUNITY CENTERS

Green Lake
Northgate

POOL

Evans Pool

THEN
&
NOW

FAMILY SPECIAL EVENTS

OLD COUNTY FAIR
GREEN LAKE PATHWAY
OF LIGHTS

TEA AND FASHION SHOW
See pages 4 - 5 for details and
more great events!

Courtesy of Seattle Municipal Archives
Photograph Collection

Upper Photo:

1930 Green Lake's First Fishing Derby.

Lower Photo:

2010 Green Lake's "Kids Fish In" Event
Taken by Donald Allen

Healthy Parks | Healthy You

GENERAL INFORMATION

EVANS POOL

Phone: 206-684-4961 **Fax:** 206-684-0881
7201 E Green Lake Dr N / Seattle, Wa 98115-5301
www.seattle.gov/parksaquatics/evanspool.htm

Hours of Operation

Monday & Wednesday	10 a.m. - 9:30 p.m.*
Tuesday & Thursday	10 a.m. - 10 p.m.*
Friday	10 a.m. - 8 p.m.*
Saturday	8:30 a.m. - 5:30 p.m.
Sunday	Closed, Available for Rentals

*Early morning lap swim hours Mon. - Fri. 6 - 7:30 a.m.

Professional Staff

Donna Sammons, Aquatic Center Coordinator
Dave Balenger, OOC Asst. Aquatic Center Coordinator

GREEN LAKE C. C.

Phone: 206-684-0780 **Fax:** 206-684-0881
7201 E Green Lake Dr N / Seattle, WA 98115-5301
www.seattle.gov/parks/centers/greenlake.htm

Hours of Operation

Monday - Friday	10 a.m. - 9 p.m.
Saturday	10 a.m. - 5 p.m.
Sunday	Closed

Professional Staff

Jeff Skinner, Recreation Coordinator
Faizah Osayande, Asst. Recreation Center Coordinator

NORTHGATE C. C.

Phone: 206-386-4283 **Fax:** 206-684-0990
10510 5th Ave. NE / Seattle, WA 98125
www.seattle.gov/parks/centers/northgate.htm

Hours of Operation

Mon./Wed./Fri.	1 p.m. - 9 p.m.
Tuesday/Thursday	10 a.m. - 9 p.m.
Saturday	10 a.m. - 5 p.m.
Sunday	Closed

Professional Staff

Pati Maxwell, Recreation Center Coordinator
Cara Brown, Asst. Rec. Center Coordinator

Note: Classes offered before regular hours of operation are programs offered through ARC.



Please Recycle

Facility Closures for Parks & Recreation Furlough Days:

Because of the revenue shortfall that is cutting into department operating budgets, the City asked employees to take 10 furlough (unpaid) days off from work in 2010. This includes both the staff who work in our recreation facilities and Parks and Recreation management. To minimize the impact on you, our customers, we will carry out the furlough plan by closing our doors on 10 Fridays, our lowest attendance days of the week, on these dates:

January 15, February 12, March 12, April 9, May 7, May 28, September 10, October 8, November 12, and December 23.

Child care programs and Late Night programs will continue as normal and you can schedule rentals on these dates if the staff costs to open and close the building are included in the rental fees. If you have questions, please call the coordinator at any Parks and Recreation facility.

Management Staff

Christopher Williams, Interim Superintendent
Sue Goodwin, Recreation Director
Katie Gray, North Recreation Manager
Kathy Whitman, Aquatics Manager

Holiday Closures

9/6	Labor Day
11/11	Veterans Day
11/25 & 11/26	Thanksgiving Holiday
12/24	Christmas Day (Observed)
12/31	New Years Day (Observed)

Program Registration

August 10	Fall Programs
October 12	Youth Basketball



Your Advisory Council

Most classes, workshops, sports programs, special events and facility rentals are funded through the local advisory council, rather than from City of Seattle budgets. Revenues generated through program fees offset program costs to make these activities self-sustaining. We also rely on participation, donations, and contributions to maintain and upgrade equipment. Advisory council members create scholarship opportunities through grant writing and other fundraising activities.

Join Us!

Citizen direction and participation is essential to our success. Monthly meetings are held to talk about programs, policies, and financial issues. Our advisory councils always are looking for new members. If you would like to get involved, please contact the facility staff for further information.

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS



PROGRAMS!

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At all community centers and pools in Seattle!

TRY IT FOR

\$2

SEPTEMBER 20 - OCTOBER 9 DROP IN! HAVE FUN!

TRY SOMETHING NEW FOR ONLY \$2! Attend a program or class session once for \$2*. If you like it, register for the remainder of the class for a prorated amount.

POOL BONUS! New participants to water fitness programs can try one session for \$2. Existing participants can get in for **FREE** if they bring a new participant!

*Please note that some programs are not eligible for the "Try It For \$2" program. Examples include, but are not limited to certified childcare, citywide athletics youth sports, pre-natal program, activities requiring medical authorization prior to participation, activities requiring a float test prior to participation, courses that are progressionary in nature, classes/programs that are full, and classes/programs where the registration deadline has passed. Call ahead to confirm availability.

For more information about these and other programs and events, please visit our web site at:
www.seattle.gov/parks

Healthy Parks  Healthy You

SPECIAL EVENTS

CONCERTS FOR KIDS FREE

Ages 4-12

These 45-minute to 1-hour concerts will be held on the 1st Saturday of the month from October thru June, except for January. All performances are FREE. All children must be accompanied by an adult and seating is on a first come first serve basis. Contact the community center for more information.

Location: Northgate

Times and performers TBA.

FAMILY MOVIE NIGHT

Looking for something fun to do with the whole family that doesn't cost an arm and a leg? Have an evening of fun for \$5 for the whole family! A family-friendly movie will be projected on the multi-purpose room wall. We'll pop some popcorn and lay out the mats so you can make a comfy spot with your blankets and pillows. Make it a pajama party and wear your favorite pj's!

Location: Northgate

9/24

Charlie and the Chocolate Factory

10/22

Bedknobs & Broomsticks

11/19

Mary Poppins

5TH ANNUAL OLD COUNTRY FAIR

FREE

Join us for our old-fashioned fair, with exhibits and vendors. There will be old games such as wheel barrow races and gunny sack races. We'll have homemade treats and loads of family fun!

Location: Northgate

☐ #60078

10/16 Sat.

10 a.m. - 4 p.m.

Vendor/Booth Fee: \$20 per table

(\$5 each additional table)



CHILI COOK OFF!

Ages 12 and older

Get Cook'n! Dig out that secret chili recipe of yours and enter our Chili Cook-off! Dishes will be tasted and judged by community members who will vote on their favorite chili for prizes! Bring your chili cooked and ready to serve. It's way more than just chili!

Location: Northgate

☐ #60038

10/16 Sat.

Noon - 2 p.m.

Entry Fee: \$10



PUMPKIN FLASHLIGHT HUNT

FREE

Ages 4-11

Rain or shine, come hunt for, coins, and candy outside near the Green Lake Community Center! Arrive no later than 6:45 p.m. at the gym. Bring your own bag to collect goodies and a flashlight to hunt with. Please wear appropriate clothing for the weather - come in costume and bring a friend! Kids will be separated into age-appropriate groups.

Location: Green Lake

10/22 Fri.

7-8 p.m.

TODDLER TRICK OR TREAT TIME

Ages 1-6

Here's a Halloween treat both kids and parents will enjoy! Bring the little ones dressed in their Halloween costume for a special toddler play time! We'll have trikes, scooters, push bikes, balls and inflatable toys for kids to enjoy! We'll have special Halloween treats for all the kids too!

Location: Northgate

☐ #60094

10/29 Fri.

5-8 p.m.

Activity Fee: \$5 per family

TWINS AND TRIPLETS HALLOWEEN PARTY

Ages 1-6

Calling all you twins and triplets for a special Halloween party just for you! Bring them in their Halloween costume for a special toddler play time. We'll have trikes, scooters, push bikes, balls and inflatable toys for kids to enjoy! We'll have special Halloween treats for all the kids too!

Location: Northgate

☐ #60095

10/29 Fri.

10 a.m.-1 p.m.

Activity Fee: \$5 per family

TEA AND FASHION SHOW

Ages 5 and older

Bring a friend or two and enjoy an afternoon of sipping tea, and tasting scrumptious treats while watching the latest in fall fashions compliments of Christopher and Banks. Please contact the Northgate CC to register 206-386-4283

Location: Northgate

☐ #60093

11/6 Sat.

11:30 a.m. - 1:30 p.m.

Activity Fee: \$45 (Pair), \$25 (Single)

HOLIDAY WREATH MAKING

Ages 15 and older

Get a head start on your holiday decorations! Decorate your own wreath to hang on your front door as a holiday welcoming to your friends and family. We'll provide everything you need to create your own beautiful holiday masterpiece to treasure for years to come.

Location: Northgate

☐ #61406

11/20 Sat.

Noon - 3 p.m.

Activity Fee: \$30

BREAKFAST WITH SANTA

Bring your friends and your family for breakfast with Santa! Details about this event will be posted at the community center or you can call us with your questions.

Location: Northgate

12/4 Sat.

10 a.m. - Noon

DROP-IN PROGRAMS

FN FAMILY FUN FOR \$5

GINGERBREAD HOUSE DECORATING

Join us for an ooey-goey night full of gumdrop rooftops and peppermint-lined paths! This event is sure to get you and your entire family into the holiday spirit! Decorate your own house with all kinds of candy and take it home to display with your holiday decorations.

Location: Northgate

12/10 Fri., 6 p.m.

GL GREEN LAKE "THE HEART OF SEATTLE" PATHWAY OF LIGHTS

Come join others, rain or shine, in a "walk of lights" around the lake and take in the warm glow of luminarias that line Green Lake's pathway. Listen to holiday music at the Community Center, Aqua Theatre, and Seattle Public Theatre.

Location: Green Lake

12/11 Sat. 4:30- 7:30 p.m.

VOLUNTEERS NEEDED

We need LOTS of volunteers to help set up hundreds of luminaries and clean up after the event. We are also seeking unamplified music choirs or instrument groups to perform under performance tents. Performances last 30-45 minutes. Call Faizah at 206 684-0780 or contact her by email, faizah.osayande@seattle.gov if you or your group would like to volunteer.

This event is sponsored by Seattle Parks and Recreation and the Green Lake Community Center Advisory Council.



DROP-IN PROGRAMS

GL PLAY SPACE FOR INFANTS AND TODDLERS

Ages: 6 months - 5 years

Our HUGE children's play space is said to be one of the BEST around. There are many children's toys and equipment available and it's a great way for your child to learn and socialize with other children. Parental supervision is required. Please follow all play space rules, including using the upstairs lobby area to eat your snacks and putting away anything you have used. Please remove your shoes and store them in the provided cubbies to help keep rugs more sanitary for crawling children.

Location: Green Lake C.C.

Monday - Friday 10 a.m. - 7 p.m.

Saturday 10 a.m. - 4:30 p.m.

Activity Fee: \$2 drop-in, \$20/12 visit passes available

PRIVATE RENTAL TIMES

Call (206) 684-0780 for room availability and costs. Great for birthday parties!

FN WEAR 'EM OUT

Ages 5 and under

Bring your little ones in for our play gym drop in time! Kids enjoy toys, balls, trikes, scooters, push bikes, inflatable toys and more! Come and "wear 'em out!" Parent supervision required.

Location: Northgate

Tues./Thur. 10a.m. -1:45 p.m.

Activity Fee: \$2 per child. Punch cards are available for \$10 for 5 visits or \$20 for 10 visits.

GL DROP-IN TABLE TENNIS (PING PONG)

For All Levels Of Play

The Green Lake Table Tennis Club operates out of Green Lake Community Center. All skill levels are welcome, from beginners to the more experienced. More experienced players will be on hand to help beginners learn and practice the game. We have ten good and excellent tables available year round, most weekends. For information regarding classes, private coaching, tournaments, or general questions, please visit the Green Lake Table Tennis Club web site at www.glttc.org or call 206-684-0780.

Location: Green Lake

Saturdays 5 - 9 p.m.

Sundays 4 - 9 p.m.

Activity Fee: \$6 (Adults 21 and older), \$4 (ages 21 and younger)

Be sure to check out Green Lake's Wednesday evening drop-in program for all ages. This program operates mid-March through mid-November, 6:15 - 8:45 p.m. INCLUDING set-up and clean-up. Also, the center has one table available year-round, 10 a.m. - 8:30 p.m.

Wednesday special \$3

Open table year-round \$2, \$1, or no fee (age dependent)

GL DROP-IN CHESS PLAY

All ages are welcome! Come join other chess enthusiast every week throughout the year for games of strategy and skill.

Location: Green Lake C. C.

Fridays 2 - 5 p.m.

Activity Fee: \$2 drop-in

GL BASKETBALL ALL AGES: DROP-IN

Gym schedule subject to change without notice; please call first to confirm times and activities. The gym may be divided into two shorter courts when the volume of players is high.

Activity Fee: \$2 adults, under 18 Free

Location: Green Lake

Mon./Fri. 12:30 - 6 p.m.

Tue./Wed./Thu. 2:45 - 8:45 p.m.

Sat. 10 a.m. - 4:30 p.m.

Location: Northgate

Mon. 1:30-3 p.m./ 5-6 p.m.

Tue./Thu. 3-5:30 p.m.

Wed. 1-2 p.m.

3:30-8:45 p.m.

Fri. 4:30-6:45 p.m.

DROP-IN PROGRAMS

MAJONG

Bring a friend or come alone to enjoy this fun and exciting game.

Location: Northgate C.C.

Tuesdays 1-4 p.m.

Activity Fee: \$2

DROP-IN BREAK DANCING

Ages 13 and older

This is unstructured time for you to enjoy break dancing. Beginners can learn new moves while the more advanced dancers show off their stuff! Dancers are required to dance on the linoleum flooring provided. Schedule is subject to changes, please call the community center for more information.

Location: Northgate C.C.

Fridays 6 - 8:45 p.m.

Activity Fee: \$2 over 18, Under 18 Free

ADULT VOLLEYBALL

Come as a team or individual. All levels are welcome! Try volleyball for the first time, brush up your skills, get some extra practice before that game, or enjoy a friendly game with friends. Please note that times are subject to change. Please call in advance or stop by to check on the number of people interested that day.

Location: Green Lake

Fridays 6:15 - 8:45 p.m.

(Mid-March to mid-November)

Activity Fee: \$2 drop in

DECK 'EM

We have reserved a room where you can play all of your favorite games: bridge, spades, hearts, etc.

Location: Northgate C.C.

Mondays 1 - 4 p.m.

Activity Fee: \$2

FITNESS ROOM

To work out in our fitness room all that is needed is a half-hour orientation class (listed below) to ensure that you can use the machines safely. We have two stationary bikes, a treadmill, elliptical machine, an inner/outer thigh machine, a seated-leg press, a Stairmaster upper body system, and a rowing machine.

Location: Northgate C. C.

Mon./Wed. 1 - 8:45 p.m.

Tue./Thu. 10 a.m. - 8:45 p.m.

Fri. 1 - 7 p.m.

\$2 drop-in or \$20 11-visit punch card

FITNESS ROOM ORIENTATION CLASS

Ages 18 and older

Take a little time to get a work out in our new Fitness Room. Learn to use our fitness equipment safely and effectively and get your workout questions answered. This class is mandatory for all new Fitness Room users and needs to be taken only once.

Location: Northgate

☐ #60052 9/2, Thu. 7 - 7:30 p.m.

☐ #60053 9/9, Thu. 1 - 1:30 p.m.

☐ #60054 9/21, Tue. 7 - 7:30 p.m.

☐ #60055 9/27, Mon. 1 - 1:30 p.m.

☐ #60056 10/4, Mon. 1 - 1:30 p.m.

☐ #60057 10/14, Thu. 7 - 7:30 p.m.

☐ #60058 10/19, Tue. 1 - 1:30 p.m.

☐ #60059 10/27, Wed. 7 - 7:30 p.m.

☐ #60060 11/2, Tue. 7 - 7:30 p.m.

☐ #60061 11/10, Wed. 7 - 7:30 p.m.

☐ #60062 11/15, Mon. 7 - 7:30 p.m.

☐ #60063 11/24, Wed. 1 - 1:30 p.m.

☐ #60064 12/1, Wed. 7 - 7:30 p.m.

☐ #60065 12/7, Tue. 1 - 1:30 p.m.

☐ #60066 12/13, Mon. 1 - 1:30 p.m.

☐ #60067 12/30, Thu. 7 - 7:30 p.m.

Activity Fee: \$10

LEARN ABOUT THE WILD SIDE OF SEATTLE AT YOUR ENVIRONMENTAL LEARNING CENTERS!

All the centers have programs for adults and families focusing on the natural wonders of the Puget Sound region and how you can make a difference in your world. Learn about and sign up for programs on SPARC, an online registration service. Each park also has its own web page at www.seattle.gov/parks/. Click on the Environmental Learning link.

DISCOVERY PARK

- » located 5 miles northwest of downtown Seattle
- » 8 miles of trails
- » ponds, saltwater beaches, forests, and meadows

Phone and address:

206-386-4236

3801 W. Government Way

email: discover@seattle.gov

CARKEEK PARK

- » located in North Seattle
- » roam the trails
- » play at the playground
- » explore the historic Piper's Orchard

Phone and address:

206-684-0877

950 NW Carkeek Park Road

email: carkeek.park@seattle.gov

CAMP LONG

- » located in West Seattle
- » 68-acre forested park with hiking trails
- » climbing rock with instructors
- » rustic cabins for rent
- » wetlands loaded with frogs and salamanders
- » campfire programs

Phone and address:

206-684-7434

5200 35th Ave SW

email: camplong@seattle.gov

PRESCHOOL PROGRAMS

LITTLE SPROUTS

Ages 2½ - 3½

Structured playtime for that little sprout - not quite ready for preschool. This class will emphasis learning to share and playing well with others the same age. Children in this class must be born no later than March 2008 to be the appropriate developmental age level. Deposits of \$25 to reserve a space are now being taken. No Program 11/11/10, 11/25/10

Location: Northgate

- ☐ #57893 9/14 - 9/30
- ☐ #57894 10/5 - 10/28
- ☐ #57895 11/2 - 11/30
- ☐ #57896 12/2 - 12/30
- Tue./Thu. 9:30 - 11:30 a.m.**

Activity Fee: \$175

PLAY & LEARN PRESCHOOL

Ages 3 - 5

Children create, play, and learn through art, music, and science in a child-centered environment. An orientation is available for parents who want to learn more about the program. For more information, please call the Center at 206-684-0780. We offer this class through the school year, and during the summer a pre-school Camp will be available. Parents provide snack. Complete a required form while registering; register in person. We give preference to those who attended the previous months/school year and to siblings of current students. Min 6 / Max 8

Teacher: Maria Yamaguchi

Location: Green Lake

- ☐ #59931 9/9 - 9/30
- ☐ #59932 10/1 - 10/29
- ☐ #59933 11/1 - 11/30
- Mon. - Fri. 9:30a.m. - 12:30p.m.**

Activity Fee: \$325

PEA POD PRESCHOOL

Ages 3½ - 5

Northgate Community Center is excited to introduce a preschool program for ages 3½ to 5 years! Creativity and imagination will be stressed as the peapods explore art, music, outdoor play, science and drama. Li'l sprouts will gain important relationship making and communication skills while developing academic concepts. Children in this class need to have been born no later than March 2007 to be the appropriate developmental age level. Deposits of \$25 to reserve a space are now being taken. No Program 12/24, 12/31

Location: Northgate

- ☐ #57897 9/13 - 9/29*
- ☐ #57898 10/1 - 10/29
- ☐ #57899 11/1 - 11/29
- ☐ #57900 12/1 - 12/29*
- Mon./Wed./Fri. 9:30 a.m. - 12:30 p.m.**

Activity Fee: \$170*, \$230

PERFORMING ARTS/DANCE

PRE-BALLET

Ages 3 - 5

This class engages children's imagination while creating a focus for their energy and enthusiasm. We emphasize motor skills and musicality through games, exercises, and mini performances inside the classroom. We'll use an elementary ballet vocabulary as a language for movement, as well as phrases and key words from other dance mediums.

Location: Northgate

- ☐ #60091 9/8 - 10/13
- ☐ #60092 10/20 - 11/24
- Wed. 4 - 4:45 p.m.**

Activity Fee: \$54 (sibling discount \$5)

PARENT & TODDLER CREATIVE DANCE

Ages 2 - 3

Children with their parents/caregivers will be introduced to creative dance and movement through music, props, games and creative exploration. This class will be a great way to express energy and creativity, which all toddlers love to do! Please wear comfortable clothing and be prepared to dance barefoot.

Location: Northgate

- ☐ #60079 9/13 - 10/11
- ☐ #60080 10/18 - 11/15
- Mon. 3 - 3:45 p.m.**

Activity Fee: \$39 (sibling discount \$5)

INFANT/TODDLER MUSIC DEVELOPMENT

NEW Sing and dance, hop and skip, pound on hand drums and rhythm sticks. This FUN parent-with-child music and movement class helps develop your child's music skills and enhance their memory and ability to identify sounds, colors, and instructions. Instructor Katy brings her guitar to teach fun, silly songs to sing and musical games to play. The fee includes all instruments. Min 5 pairs / Max 15 pairs. No class 10/8, 11/12, 11/26.

Instructor: Katy Webber

Location: Northgate

Ages 1 Month - 3 Years

- ☐ #60068 9/17 - 10/22
- ☐ #60069 10/29 - 12/10
- Fri. 11:15 a.m. - Noon**

Location: Green Lake

Ages 1 - 17 Months

- ☐ #59919 9/21 - 10/26
- ☐ #59920* 11/2 - 12/14
- Tue. 11:15 a.m. - Noon**

- ☐ #59921 9/22 - 10/27

- ☐ #59922* 11/3 - 12/15

Wed. 11:15 a.m. - Noon

Activity Fee: \$59, *\$69

PRESCHOOL PROGRAMS

FAMILY MUSIC

Ages 1 Months - 3 Years

Shake eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal, and cognitive skills with the magic of music. Min 5 pairs.

Instructor: Katy Webber

Location: Green Lake

- ☐ #59903 9/21 - 10/26
- ☐ #59904* 11/2/ - 12/14
- Tue. 9:30 - 10:15 a.m.**

Activity Fee: \$69

- ☐ #59905 9/22 - 10/27
- ☐ #59906* 11/3 - 12/15
- Wed. 9:30 - 10:15 a.m.**

Activity Fee: \$59, *\$69

TODDLER MUSIC DEVELOPMENT

Ages 18 Months - 3 Years

Shake eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal, and cognitive skills with the magic of music. Min 5 pairs.

Instructor: Katy Webber

Location: Green Lake

- ☐ #59984 9/21 - 10/26
- ☐ #59985* 11/2 - 12/14
- Tue. 10:20 - 11:05 a.m.**

Activity Fee: \$69

- ☐ #59986 9/22 - 10/27
- ☐ #59987* 11/3 - 12/15
- Wed. 10:20 - 11:05 a.m.**

Activity Fee: \$59, *\$69

MUSIC APPRECIATION FOR KIDS

Ages 3 - 5

Come with us on a musical journey that will take you and your child to a whole new level of appreciation for music of many cultures around the world including our own. Walk like a lion on the prairie, make rhythm instruments, play musical games, and listen to musical stories. Min 5.

Instructor: Katy Webber

Location: Green Lake

- ☐ #59923 9/22 - 10/27
- ☐ #59924* 11/3 - 12/15
- Wed. 4 - 4:45 p.m.**

Activity Fee: \$59, *\$69

MUSICAL SIGN

Ages 1 - 3

Learn the power of American Sign Language through the magic of music. Sing along and sign, pound on drums to keep the time as you and your child discover a whole new and fun way to communicate through live music, dance, and play. Min 9 pairs. No Class 10/11/10.

Instructor: Katy Webber and Betsy Dishel

Dishel

Location: Green Lake

- ☐ #59925 9/20 - 10/25
- ☐ #59926** 11/1 - 12/13
- Mon. 11:15 a.m. - Noon**

- ☐ #59927* 9/22 - 10/27
- ☐ #59928** 11/3 - 12/15
- Wed. 3:30 - 4:15 p.m.**

Activity Fee: \$49, *\$59, **\$69

PRESCHOOL MUSIC DEVELOPMENT

Ages 3 - 5

Shake your eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal, and cognitive skills with the magic of music. Min 5 pairs / Max 15 pairs.

Instructor: Katy Webber

Location: Green Lake

- ☐ #59941 9/21 - 10/26
- ☐ #59942* 11/2 - 12/14
- Tue. 4:30 - 5:15 p.m.**

Activity Fee: \$59, *\$69

PARENT/TODDLER DANDELION AND DANCE

Ages 1½ - 3½

Parents/Caregivers and children explore the art of dance together through fun warm-ups, games, folk dances, music, instruments, and other exciting props. Please wear comfortable clothing and be prepared to dance barefoot. Guests are invited to watch class on the last day. Min 6. No Class 10/8, 11/12, 11/26.

Instructor: Miranda Veenhuysen

Location: Green Lake

- ☐ #59930 9/24 - 12/17
- Fri. 3:30 - 4:15 p.m.**

Activity Fee: \$90

SPANISH MUSIC CLASS

Ages 1 Months - 4 Years

 Katy and Betsy have created a unique learning environment by linking together the visual language of ASL, music and movement to support the acquisition of learning Spanish. Move, sing, dance, and sign to Spanish songs and activities to live guitar! This class offers a rich language environment to children at a time they are ripe to acquire a foreign language while also offering parents an opportunity to learn Spanish as well. Min 9 pairs / Max 15 pairs.

Instructors: Betsy Dischel & Katy Webber

Location: Green Lake

- ☐ #59972 9/20 - 10/25
- ☐ #59973* 11/1 - 12/13
- Mon. 10:25 - 11:10 a.m.**

- ☐ #59975* 11/2 - 12/14
- ☐ #59974 9/21 - 10/26
- Tue. 3:30 - 4:15 p.m.**

Activity Fee: \$59, *\$69

Location: Northgate

- ☐ #61978* 9/17 - 10/22
- ☐ #61979 10/29 - 12/10
- Fri. 1 - 1:45 p.m.**

Activity Fee: \$50, *\$60

PRESCHOOL PROGRAMS

YOGA WITH BABY

Ages 1 Months - 1 Years

Get out of the house into a non-stressful environment and do a little yoga. Join other moms and their babies on the mat to strengthen, stretch and reduce stress from sleep deprivation. And if baby needs to feed or cry, the other moms will understand! Geared for babies between six weeks to crawling. No program 11/11. Min. 5.

Instructor: Beverly Denny

Location: Green Lake

- ☐ #59997 9/23 - 9/30
 - ☐ #59998** 10/7 - 10/28
 - ☐ #59999 11/4 - 11/18
 - ☐ #60000* 12/2 - 12/16
- Thu. 10:30 - 11:30 a.m.**

Activity Fee: \$20, *\$30, **\$40

CREATIVE DANCE AND MOVEMENT

Ages 3½ - 5

Boys and girls develop creativity, physical fitness, and movement intelligence while exploring the art of dance through fun warm-ups, games, music, instruments, and other exciting props. Please wear comfortable clothing and be prepared to dance barefoot. Guests are invited to preform in an onstage recital in June. Min 6. No Class 10/8, 11/12, and 11/26.

Instructor: Miranda Veenhuysen

Location: Green Lake

- ☐ #59902 9/24 - 12/17
- Fri. 2:30 - 3:15 p.m.**

Activity Fee: \$90



VISUAL ARTS/CRAFTS

CREATIVE ART CLASS

In this one-hour class, children will explore the vibrant primary colors of red, blue and yellow, with Veggie Prints and collages. Kids will get down and dirty with hand prints and all kinds of easy monoprints. We will have plenty of paper on hand for both caregiver and child to make lots of art and have fun doing it. Definitely wear play clothes and/or a smock to avoid mishaps. We will use poster paints that are water-based and non-toxic. Lots of sponges and other materials will be used for these prints.

Location: Northgate

Ages 2 - 4

- ☐ #60042 9/9 - 10/7
 - ☐ #60043 10/14 - 11/18
- Thu. 10 - 10:45 a.m.**

Ages 4 - 5

- ☐ #60044 9/9 - 10/7
 - ☐ #60045 10/14 - 11/18
- Thu. 11 - 11:45 a.m.**

Activity Fee: \$54 (sibling discount \$5)

DINO WORLD

Ages 3 - 5

Come on a prehistoric adventure to the amazing world of dinosaurs. We'll talk about how we know they lived, what they were like, and why scientists think they went extinct. Make lots of cool projects like realistic bones, paper mâché eggs and volcanoes. Parent/Guardian participation recommended.

Location: Northgate

- ☐ #60048 9/7 - 10/5
 - ☐ #60049 10/12 - 11/9
 - ☐ #60050 11/16 - 12/14
- Tue. 10 - 11 a.m.**

Activity Fee: \$50 (sibling discount \$5)

POTTERY FOR PARENT AND CHILD

Ages 3 - 5

We are going to invite you to create the clay art with your children. Children can experience with pinching, pressing, and cutting. Bring children's favorite story and your imagination. Students also explore how to spin clay on wheel to make cups, plates, vase...etc. Min 4.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59936 9/6 - 10/4
 - ☐ #59937 10/11 - 11/8
- Mon. 10 - 11 a.m.**

Activity Fee: \$69

- ☐ #59938 9/8 - 10/6
 - ☐ #59939 10/13 - 11/10
- Wed. 10 - 11 a.m.**

Activity Fee: \$69

ATHLETICS



LITTLE CHAMPS BASKETBALL

Ages 3 - 4

The Little Champs basketball series give little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN! All participants will receive Little Champs T-shirts.

Location: Northgate

- ☐ #60072 9/13 - 10/18
 - ☐ #60073 10/25 - 11/29
- Mon. 3:30 - 4 p.m.**

Activity Fee: \$55

PRESCHOOL PROGRAMS

PEE WEE SOCCER

Seattle Sounders....here you come! Instructor Liz brings a fresh, warm, exciting depth and attitude with children and the activities she teaches. This class emphasizes fun and play while young ones develop soccer skills like stopping, starting, chasing, and shooting. Favorite low organized games are played to increase skills, abilities, coordination, and confidence like red light/green light, fox and hounds, cone knockdown, and more! Min 6 / max 8. No Class 10/8, 11/11 - 12, 11/25 - 26

Instructor: Liz Isaacson

Location: Northgate

Ages 3 - 4

- ☐ #60081* 9/17 - 10/29
- ☐ #60082 11/5 - 12/17
- Fri. 2:15 - 2:45 p.m.**

Ages 4 - 5

- ☐ #60083* 9/17 - 10/29
- ☐ #60084 11/5 - 12/17
- Fri. 3:30 - 4:15 p.m.**

Activity Fee: \$42, *\$49

Location: Green Lake

Ages 3 - 4

- ☐ #59978 9/21 - 10/26
- ☐ #59979 11/2 - 12/7
- Tue. 10:30 - 11 a.m.**

- ☐ #59980 9/22 - 10/27
- ☐ #59981 11/3 - 12/8
- Wed. 10:30 - 11 a.m.**

- ☐ #59982 9/23 - 10/28
- ☐ #59983* 11/4 - 12/9
- Thu. 10:30 - 11 a.m.**

Activity Fee: *\$20, \$30

Ages 4 - 5

- ☐ #59963 9/28 - 10/26
- ☐ #59964 11/2 - 12/7
- Tue. 2:45 - 3:30 p.m.**

Activity Fee: \$45

UK PETITE SOCCER

Ages 3 - 5

A fun introduction to soccer using a high energy, games based approach. Players will receive professional coaching from environment UK Elite coaches and will receive a shirt and petite patch.

Location: Green Lake

- ☐ #59988 9/22 - 10/27
- Wed. 10:30 - 11:30 a.m.**

Activity Fee: \$115

PEE WEE T-BALL

Ages 4 - 5

T-ball students will learn "chicken wings" baseball swing, base running, catching, throwing at targets, and low organized games that teach the fundamentals of this fun sport. Each class will play a modified t-ball or kickball game. No Class 10/8 & 11/26. Min 5.

Instructor: Liz Isaacson

Location: Green Lake

- ☐ #59965 9/24/ - 10/29
- ☐ #59966 11/19 - 12/17
- Fri. 11:15 a.m. - Noon**

Activity Fee: \$40

PEE WEE INDOOR SOCCER

Ages 4 - 5

Bring your child indoors and introduce them to the FUN and PLAY aspects of tennis. We will use child-friendly nets, large soft foam balls, small light weight rackets, and other fun equipment and games to develop individual skills to maintain ball control and increase coordination. Min 5.

Instructor: Liz Isaacson

Location: Green Lake

- ☐ #59961 9/21 - 10/26
- ☐ #59962 11/2 - 12/7
- Tue. 11:15 a.m. - Noon**

Activity Fee: \$45

YOUTH CITYWIDE ATHLETICS

FLAG FOOTBALL

Flag football for ages 6-14 is available in four divisions. Players learn basic skills, team play, and sportsmanship needed to participate on a citywide basis.

Players sign up at community centers and are placed on teams. Leagues are formed and games are played in accordance with NFL flag football rules and field dimensions.

Leagues are formed and play begins on September 26 with play concluding on November 18.

Teams practice at their local community centers.

VOLLEYBALL

Volleyball is available to athletes ages 10-17 in three different divisions.

Players learn basic skills, team work, and sportsmanship skills needed to participate in league play.

Players sign up at their local community center and practice there, with games being played at central community center sites.

Leagues are formed and play begins the week of September 21st and concludes the week of November 16.

CROSS COUNTRY

Cross Country is held from September through November for ages 6-14. Practices are held twice per week at Lower Woodland Park. Meets take place on Saturdays through December. For more information please call 206-684-7091.

ULTIMATE FRISBEE

Leagues are available for coed teams between the ages of 8 and 13.

Matches will be played on Friday evenings at regionally located sites. This is a low-key, non-competitive event. The season will begin on September 25 and conclude on November 7 with a jamboree.

VISUAL ARTS/CRAFTS

CREATIVE ART CLASS

Ages 4 - 5

In this one-hour class, children will explore the vibrant primary colors of red, blue and yellow, with Veggie Prints and collages. Kids will get down and dirty with hand prints and all kinds of easy monoprints. We will have plenty of paper on hand for both caregiver and child to make lots of art and have fun doing it. Definitely wear play clothes and/or a smock to avoid mishaps. We will use poster paints that are water-based and non-toxic. Lots of sponges and other materials will be used for these prints.

Location: Northgate

- ☐ #60044 9/9 - 10/7
- ☐ #60045 10/14 - 11/18
- Thu. 11 - 11:45 a.m.**

Activity Fee: \$54 (sibling discount \$5)

DINO WORLD

Ages 3 - 5

Come on a prehistoric adventure to the amazing world of dinosaurs. We'll talk about how we know they lived, what they were like, and why scientists think they went extinct. Make lots of cool projects like realistic bones, paper mache eggs and volcanoes. Parent/Guardian participation recommended.

Location: Northgate

- ☐ #60048 9/7 - 10/5
- ☐ #60049 10/12 - 11/9
- ☐ #60050 11/16 - 12/14
- Tue. 10 - 11 a.m.**

Activity Fee: \$50 (sibling discount \$5)



ART EXPLOSION

Ages 10 - 14

Art isn't just crafts; it is a way to understand ourselves and each other. Through painting, performance, and writing we'll take a closer look at individual and collective dreams. We'll explore identity and learn how to take smart, creative risks. No Class 11/11.

Location: Northgate

- ☐ #60030 9/9 - 10/7
- ☐ #60031 10/14 - 11/18
- Thu. 5:30 - 6:30 p.m.**

Activity Fee: \$40 (sibling discount \$5)

POTTERY FOR KIDS

Ages 6 - 12

In this class kids will learn pinch pot, coil, slab, wheel throwing and glazing their works. Each week will introduce new projects incorporated with each technique, such as animal rattle, coil vase, slab mask, throwing cups, bowl, plate and more. Bring your imagination and join the fun times with clay. Min 5.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59934 9/7 - 10/5
- ☐ #59935 10/12 - 11/9
- Tue. 4:45 - 5:45 p.m.**

Activity Fee: \$69

HOLIDAY POTTERY PAINTING

Ages 5 and older

NEW Bring your family for fun pottery painting event at Green Lake, you don't need to get messy or create a ceramic piece. We have pre-fired ceramic piece ready for you to pick and paint from a cup, bowl, plate, vase...etc. Pieces are \$10 to \$25 dollars to paint and glaze. They make great gifts for your family. Put the holiday spirit into your art work. The program will end when the bisqueware runs out. Min 8.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59918 12/2 - 12/16
- Thu. 5 - 6 p.m.**

Activity Fee: \$10

PERFORMING ARTS/DANCE

BALLET 1

Ages 4 - 6

This class focuses on anatomically sound technique and alignment, leading us through a range of dynamic expression while working towards a strong, flexible and articulate body. We'll use rhythm, musicality, and fluency in ballet vocabulary to learn the joy of dancing.

Location: Northgate

- ☐ #60032 9/8 - 10/13
- ☐ #60033 10/20 - 11/24
- Wed. 5 - 5:45 p.m.**

Activity Fee: \$54 (sibling discount \$5)

BALLET 2

Ages 5 - 7

Location: Northgate

- ☐ #60034 9/8 - 10/13
- ☐ #60035 10/20 - 11/24
- Wed. 6 - 6:45 p.m.**

Activity Fee: \$54 (sibling discount \$5)

PRE-BALLET

Ages 6 - 7

Boys and girls learn basic ballet positions and preparatory steps in a fun and encouraging environment that incorporates creative exploration as well as traditional ballet technique. Girls should wear leotard, tights, and ballet slippers. Boys should wear a t-shirt, shorts, and ballet slippers. Hair should be secured back from face. Guests are invited to watch class on the last day. Students are invited to perform in an onstage recital in June. Min 6. No Class 10/8, 11/12, and 11/26.

Instructor: Miranda Veenhuysen

Location: Green Lake

- ☐ #59940 9/24 - 12/17
- Fri. 4:30 - 5:20 p.m.**

Activity Fee: \$90

YOUTH PROGRAMS

PRIVATE PIANO/FLUTE/RECORDER LESSONS

Ages 5 and older

Private 30-minute music lessons. Learning an instrument has proven beneficial to all people. Open new doors by learning recorder or flute, and have an instrument that you can carry with you. Piano has many voices, so reach out and study this great instrument. It is so fun to play. Please contact the community center to register by phone or in person at 206-684-0780. No Classes 11/11, and 11/25.

Instructor: Trudy Antolin.

Location: Green Lake

9/23 - 10/28

THU.

- | | |
|---------------------------------|---------------|
| <input type="checkbox"/> #59943 | 2:30 - 3 p.m. |
| <input type="checkbox"/> #59944 | 3 - 3:30 p.m. |
| <input type="checkbox"/> #59945 | 3:30 - 4 p.m. |
| <input type="checkbox"/> #59946 | 4 - 4:30 p.m. |
| <input type="checkbox"/> #59947 | 4:30 - 5 p.m. |
| <input type="checkbox"/> #59948 | 5 - 5:30 p.m. |
| <input type="checkbox"/> #59949 | 5:30 - 6 p.m. |
| <input type="checkbox"/> #59950 | 6 - 6:30 p.m. |
| <input type="checkbox"/> #59951 | 6:30 - 7 p.m. |

Activity Fee: \$180

11/4 - 12/16

THU.

- | | |
|---------------------------------|---------------|
| <input type="checkbox"/> #59952 | 2:30 - 3 p.m. |
| <input type="checkbox"/> #59953 | 3 - 3:30 p.m. |
| <input type="checkbox"/> #59954 | 3:30 - 4 p.m. |
| <input type="checkbox"/> #59955 | 4 - 4:30 p.m. |
| <input type="checkbox"/> #59956 | 4:30 - 5 p.m. |
| <input type="checkbox"/> #59957 | 5 - 5:30 p.m. |
| <input type="checkbox"/> #59958 | 5:30 - 6 p.m. |
| <input type="checkbox"/> #59959 | 6 - 6:30 p.m. |
| <input type="checkbox"/> #59960 | 6:30 - 7 p.m. |

Activity Fee: \$150

ATHLETICS

YOUTH TENNIS LESSONS

Youth Tennis is a fun, easy play format for youth ages 5-10. Using modified equipment (nets, racquets, and balls), each class will help your child develop his or her skills while enjoying the game of tennis. Start getting active now and play tennis for life!

Location: Northgate

Ages 5 - 6

- | | |
|---------------------------------|--------------------|
| <input type="checkbox"/> #61009 | 9/18 - 11/6 |
| Sat. | 10:30 - 11:30 a.m. |

Ages 7 - 8

- | | |
|---------------------------------|---------------------|
| <input type="checkbox"/> #61010 | 9/18 - 11/6 |
| Sat. | 11:30a.m.-12:30p.m. |

Ages 9 - 10

- | | |
|---------------------------------|-------------------|
| <input type="checkbox"/> #61011 | 9/18 - 11/6 |
| Sat. | 12:30 - 1:30 p.m. |

Activity Fee: \$64

YOUTH CARDIO TENNIS

Cardio Tennis for Kids is a group play activity featuring action based tennis drills and games for children ages 6-12 of all ability levels. CT4Kids emphasizes movement and fun using music and pedometers. Emphasis on Fun & Fitness!

Location: Northgate

Ages 6-8

- | | |
|---------------------------------|--------------------|
| <input type="checkbox"/> #62704 | 9/18 - 11/6 |
| Sat. | 11:15 - 11:45 a.m. |

Ages 9-11

- | | |
|---------------------------------|---------------|
| <input type="checkbox"/> #62705 | 9/18 - 11/6 |
| Sat. | 1 - 1:45 p.m. |

Activity Fee: \$35

SPORTS FUNDAMENTALS

Ages 5 - 7

This class introduces young children to sports skills that lead up to mini games and activities like soccer, hockey, volleyball, basketball, flag football, and track and field. Min 5.

Instructor: Liz Isaacson

Location: Green Lake

- | | |
|---------------------------------|--------------|
| <input type="checkbox"/> #59976 | 9/28 - 10/26 |
| <input type="checkbox"/> #59977 | 11/2 - 12/7 |
| Tue. | 4 - 5 p.m. |

Activity Fee: \$54

YOUTH CLASSICAL FENCING

Ages 8 - 13

This class focuses on the traditional school of French foil. The French foil serves as an excellent tool for developing good form, proper judgment, strength, and agility, grace of carriage, fine etiquette and respect for oneself as well as others. Students will build their skills with both simple and complex drills and eventually should have the opportunity to engage in free fencing. Foils and masks will be provided. Students will be required to wear long pants, heavy sweat shirts or jackets and a glove. No program 10/8. Min.6.

Instructor: Cecil Longino

Location: Green Lake

- | | |
|---------------------------------|------------|
| <input type="checkbox"/> #60001 | 9/17- 11/5 |
| Fri. | 5 - 6 p.m. |

Activity Fee: \$68

CO-ED ULTIMATE FRISBEE INSTRUCTION LEAGUE

Ages 8-13

This league is instruction-oriented. What sport combines the best of basketball, football, and soccer with a Frisbee? Yes, you guessed it - Ultimate Frisbee! This sport is easy to learn and fun to play. Our emphasis is to teach the basic rules of the game, how to throw and catch the Frisbee, and get you moving actively for good health and fitness. We welcome ALL volunteers to help coach. Practices will be Tuesday and/or Thursday and will start September 7. Game day is Friday 9/25 from 5- 6:30 p.m. with a Jamboree on Sat. Games will take place at Magnuson Park or Miller and possibly Lower Woodland. T-shirts and Frisbees provided.

Location: Green Lake

- | | |
|----------------------------|-----------|
| <input type="checkbox"/> # | 9/7-10/30 |
|----------------------------|-----------|

Activity Fee: \$30

YOUTH PROGRAMS

FLAG FOOTBALL

Ages 10-11

Boys and girls are invited to take part in Seattle Parks and Recreation's flag football program. Volunteer coaches will work on plays and conditioning as teams prepare to compete against teams from other community centers. Games will be played on Saturdays at different locations. Players will learn offensive and defensive skills that will enhance their abilities. Age is determined as of August 31, 2010.

Location: Green Lake

9/7-11/13

☐ #62787

Ages 10-11

☐ #62788

Ages 12-14

Activity Fee: \$30

YOUTH VOLLEYBALL

Volleyball is available to athletes ages 10-17 in three different divisions. Players learn the basic skills, teamwork, and sportsmanship skills needed to participate in league play. Players sign up at their local community center and practice there, and games are played at central community center sites. Registration is ongoing; practices begin September 7 and conclude in mid to late November. For more information, please call Green Lake C.C. @ 206-684-0870.

Location: Green Lake

9/9-10/30

☐ #62789

Ages 10-11

☐ #62790

Ages 12-13

☐ #62791

Ages 14-17

Activity Fee: \$30

GIRLS VOLLEYBALL

Volleyball is available to athletes ages 10-17 in three different divisions. Players learn basic skills, team work, and sportsmanship skills needed to participate in league play. Players sign up at their local community center and practice there, with games being played at central community center sites. No Class 11/11.

Location: Northgate

9/2 - 11/23 Tue./Thu. 3:30 - 5 p.m.

☐ #61015

Ages 10 - 11

☐ #61016

Ages 12 - 13

☐ #61017

Ages 14 - 17

Activity Fee: \$35

LITTLE CHAMPS BASKETBALL

The Little Champs basketball series give little athletes a chance to learn the basic fundamentals of passing, dribbling, and shooting as well as physical fitness and teamwork. Basically a whole lot of FUN! All participants will receive Little Champs T-Shirts.

Location: Northgate

Ages 5 - 7

☐ #60076

9/13 - 10/18

☐ #60077

10/25 - 11/29

Mon.

4 - 4:45 p.m.

Activity Fee: \$55

CUBS BASKETBALL

This program focuses on providing a positive "team sport" experience while learning sportsmanship and the game of basketball. Boys and girls ages 8-17 years old as of August 30, 2010 are welcome to play! Start registering for Winter 2010 on Tuesday, October 12. Practices begin the week of November 15 with games beginning in January 2011. All paperwork (birth certificate, registration form, medical authorization form, code of conduct, and payment) must be fully complete in order to register for this program.

Location: Northgate

☐ #60107

Boys Age 8

☐ #60108

Boys Age 9

☐ #60109

Girls Age 8

☐ #60110

Girls Age 9

Location: Green Lake

☐ #47528

Boys Age 8

☐ #47529

Boys Age 9

☐ #47530

Girls Ages 8-9

Activity Fee: \$65

CITYWIDE BASKETBALL

This program focuses on providing a positive "team sport" experience while learning sportsmanship and the game of basketball. Boys and girls ages 8-17 years old as of August 30, 2010 are welcome to play! Start registering for Winter 2010 play on Tuesday, October 12. Practices begin the week of November 15 with games beginning in January 2011. All paperwork (birth certificate, registration form, medical authorization form, code of conduct, and payment) must be fully complete in order to register for this program.

Location: Northgate

☐ #60111

Boys Age 10

☐ #60112

Boys Age 11

☐ #60113

Boys Age 12

☐ #60114

Boys Age 13

☐ #60115

Boys Age 14-15

☐ #60116

Boys Age 16-17

☐ #60117

Girls Age 10

☐ #60118

Girls Age 11

☐ #60119

Girls Age 12

☐ #60120

Girls Age 13

☐ #60121

Girls Age 14-17

Location: Green Lake

☐ #47514

Boys Age 10

☐ #62773

Boys Age 11

☐ #47517

Boys Age 12

☐ #47518

Boys Age 13

☐ #47519

Boys Age 14-15

☐ #47520

Boys Age 16-17

☐ #47523

Girls Ages 10

☐ #62779

Girls Ages 11

☐ #62780

Girls Ages 12

☐ #62781

Girls Ages 13

☐ #47527

Girls Ages 14 - 17

Activity Fee: \$65

MARTIAL ARTS

YOUTH CHINESE MARTIAL ARTS AND SELF DEFENSE

Ages 7 - 15



Structured, fun and challenging classes offering traditional Chinese martial arts for beginners and experienced students. Training emphasizes finding and maintaining one's center, self-discipline, standardized progression of skills, practical techniques for self-protection, and strategies for peacefully resolving confrontations.

Location: Northgate

☐ #61982

9/21 - 11/9

Tue./Thu.

6:45 - 7:45 p.m.

Activity Fee: \$65

(\$60 for additional family members)

SCHOOL-AGE CARE

LICENSED SCHOOL-AGE CARE (SAC) PROGRAM

Before and/or After School Care at a Reasonable Cost!

- » For children 5 years through 12 years.
- » We assure quality and consistent care with qualified staff
- » We welcome all members of the community

Children play and learn through recreation activities such as arts and culture, environmental stewardship, health and fitness, academic support and more.

Transportation for Public School Students

Seattle Public Schools will transport children within the district's busing cluster (see the Seattle school district web site for specific schools). If a child comes from outside the Seattle Schools busing cluster, or if a child will be coming from a private school, the family is responsible for transportation.

Scholarship applications may be picked up at your local community center. DSHS Child Care subsidies are also accepted.

BEFORE SCHOOL

Location: Northgate C. C.

Mon. - Fri.	7 - 9 a.m.
<input type="checkbox"/> #57901	9/8 - 9/30
<input type="checkbox"/> #57902	10/1 - 10/29
<input type="checkbox"/> #57903	11/1 - 11/30
<input type="checkbox"/> #57904	12/1 - 12/30

AFTER SCHOOL

Location: Northgate C. C.

Mon. - Fri.	3 - 6 p.m.
<input type="checkbox"/> #57905	9/8 - 9/30
<input type="checkbox"/> #57906	10/1 - 10/29
<input type="checkbox"/> #57907	11/1 - 11/30
<input type="checkbox"/> #57908	12/1 - 12/17

Before and After Fees

	Before	After
5 days	\$175	\$275
4 Days	\$157	\$247
3 Days	\$148	\$233

Sibling Discount \$10

LICENSED BREAK CAMP PROGRAM

The atmosphere at camp is one that emphasizes community relationships, but also recognizes individual achievement, creativity and original thinking.

Our trained staff works daily to offer enrichment activities in areas such as: arts and culture, environmental stewardship, health and fitness, field trips, swimming and more.

Winter, Mid-Winter and Spring Break, One-Day Camps (Professional Development and Day Between Semesters) are separate programs with separate fees. Before and After School program participants must register and pay for these programs in addition to the monthly fee for Before and After School programs.

WINTER BREAK CAMP

Ages 5 - 12

Looking for something fun for the kids while schools out? Northgate is offering a great camp for kids grades K-5. Each week will be packed with fun and exciting activities including swimming, field trips and much more! No Program 12/24/10

Location: Northgate

<input type="checkbox"/> #61043	12/20 - 12/23
<input type="checkbox"/> #61044	12/27 - 12/30
Mon. - Thu.	7 a.m. - 6 p.m.

Activity Fee: \$120 (sibling discount \$8)

PROFESSIONAL DEVELOPMENT DAY

Looking for something fun for the kids while school's out? We'll provide fun activities to keep them busy all day long! Activities may include sports, games, arts and crafts, reading and drama. Depending on the schedule, a field trip or swimming may be included.

Location: Northgate C. C.

<input type="checkbox"/> #61045	10/8
Fri.	7 a.m. - 6 p.m.

Activity Fee: Full Time BF and AF Free
Either BF or AF \$30 (sibling discount \$2)
Not in BF or AF \$35 (sibling discount \$2)

Please note: Facilities may also offer the one-day option at \$35 per day



TEEN PROGRAMS

HOMEWORK TIME/ ASSISTANCE IF NEEDED

All Ages

Get your homework done first so you can really enjoy the afternoon. Stay on track or get ahead. Nick will be providing help with any subject during homework hours. Teen room will be closed specifically for homework time for those who want to take advantage of this opportunity.

Location: Northgate

Mon. - Thu. 2:15 - 4 p.m.

TEEN ADVISORY COUNCIL

Ages 11-17

Let your voice be heard! Come be a part of the Northgate Community Center's Teen Advisory Council. Help plan teen programs and activities around the center, fund-raising opportunities, and be the first to sign up for cool field trips; all while earning service learning hours! Don't miss this great opportunity.

Location: Northgate

1st and 3rd Wed. 4:30 - 5:30 p.m.

FIELD TRIPS AND OTHER TEEN EVENT POSTINGS

Ages 11-17

Keep your eye on the Teen Room bulletin board for new and exciting events and field trips. You will enjoy everything so take a chance and participate. New weekly postings will be placed Wednesdays. See the city, meet new people and have fun with Northgate Community Center. Some activities will have a fee but most will be free. A completed E-13 form is needed to participate in this event.

Location: Northgate

TBD

HIP-HOP HOOPS

Ages 13-17

Come hoop-it-up with hip-hop cutz bumpin' over the gym loud speaker. Play pick-up games with a twist. The score clock will be used to regulate 8-minute, 5-on-5, full court games. Winners stay on the court and the next 5 signed up will challenge.

Location: Northgate

Fridays 5 - 7 p.m.

GET FIT, GET STRONG

Ages 13-17

Increase athleticism, endurance and strength with Northgate Community Center's "Get Fit, Get Strong" activities. We will do everything from work-outs in the fitness room to runs around Green Lake. A completed E-13 form is needed to participate in this event.

Location: Northgate

Fridays 7 - 8:30p.m.

4-H GARDEN AT MAPLE LEAF P-PATCH

Ages 11-18

Fruits and vegetables taste so much better when grown organically in an urban oasis. Earn service learning hours while gaining the skills to grow your own food. A completed E-13 form is needed to participate in this event.

Location: Northgate

Tue./Thu. 4:30 p.m.

"S.L.O. AND EASY" SERVICE LEARNING OPPORTUNITIES:

Northgate C.C. is offering weekly activities to earn service learning hours. 60 hrs are required to graduate high school. The teen with the most hours at the end of each quarter will be given a prize. All teens who volunteer will be the first to participate in field trips and parties. Look for the S.L.O. logo on the teen calendar or call Nick for volunteer opportunities.

Location: Northgate

FREE TEEN SWIM

Every Tuesday from 7-8 p.m.

Location: Green Lake

TEEN FITNESS CLUB

Join us Wednesdays from 3:45-4:45pm. We will run/walk around the lake to get in shape!

Location: Green Lake

TRIPS

Regular trips, destinations include: movies, bowling, golf, S.A.M., cool tours, sporting events, local parks and much more determined by teen interest and/or Teen Advisory Council. Meet at Green Lake Community Center

Location: Green Lake

TEEN COUNCIL: "YOU MAKE THE CALL!"

Come help create ideas and programs from start to finish, including planning trips. Where to go! What to do! Teens will also work with a budget. Great for Senior Projects!

Location: Green Lake

WORK OPTIONS

Are you 14 and older? Are you looking to make some money? The City of Seattle has several opportunities for you. Please check <http://seattle.gov/parks/teens/> for more information or call the Teen Development Leader at your local community center.

Location: Green Lake

TEENS TEACHING TEENS/KIDS

Teens will take their talents and help create and teach a drop in or regular class. Subjects are wide open. Take your talents and get paid to share that knowledge. GREAT for Sr. Projects

Location: Green Lake

LATE NIGHT AT MEADOWBROOK & BITTER LAKE

FREE

Friday and Saturdays. Activities from 7 p.m.-midnight.

TEEN PROGRAMS

GN VOLUNTEER **ALL SERVICE PROJECTS** **INCLUDE FOOD!!**

A select few of the many service projects offered this fall are below:

TEEN LOUNGE

Open from 3 - 8:30 p.m. each week day and 10 a.m. - 5 p.m. on Sat. Come play ping pong, foosball, shuffle board, plug in a movie and much more.

Location: Green Lake

Check out all the details on days and times of these programs as they are subject to change and attendance. The calendar of events are posted in the Teen Lounge and can be found on the web... www.seattle.gov/parks/centers/grnlakcc.htm. Also become a fan of the "Green Lake Teen Program" on Facebook.

VISUAL ARTS/CRAFTS

C CERAMIC ARTS

Ages 13 - 19

Deepen your creative dreams in this ceramic arts class. We will be learning hand building techniques to create visionary clay sculpture and functional pottery. We will work on developing relief, wall mountable, and freestanding sculptures that can be fired and glazed. Demonstrations will include, portrait sculpting, sgraffito drawing, coil building, slab construction, underglazing, and glazing techniques. Min 5.

Instructor: Adrien Miller

Location: Green Lake

☐ **#59900** **9/22 - 10/27**

☐ **#59901** **11/3 - 12/8**

Wed. 4 - 6 p.m.

Activity Fee: \$112

GP POTTERY PROGRAM

Bi-weekly, learn the basics to making bowls and pots or simply be creative. All items are fired for \$1 and can be taken home. Please check back in mid-August for more information.

Location: Green Lake



Greetings and Thank You, Langston Hughes Performing Arts Center Supporters!

RENOVATIONS CLOSE LHPAC FOR 2010

The Langston Hughes Performing Arts Center, located at 104 17th Ave S, is a local, regional, and global performing arts center. It is an historic landmark within the City of Seattle, and provides opportunities for artists world-wide to participate in the authentic African American artistic perspectives with the City of Seattle community at large. Through grants and levy funds, the 105-year old facility will get improvements to its structural integrity for greater seismic tolerance, as well as upgrades to its interior architectural features to continue supporting its use as a performing arts center and public gathering place.

CONNECT WITH LHPAC STAFF

The staff will provide a continued series of classes, performing arts presentations, and a film festival during the life of construction. Staff will work from a temporary office on the existing NORTH parking lot at 1700 Yesler Way S. Call us at 206-684-4758 for general information.

LHPAC 2010 PROGRAMS AND EVENTS ARE EXCITING!

For 2010 take part in our "touring" offsite programs at community centers and other venues throughout the city. Call us at 206-684-4758 for details of our exciting events and programs! We look forward to hearing from you!

SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs

offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specially designed and conducted by trained staff for people with special needs.

Activities and Programs

We provide programs for both youth and adults, including wheelchair sports, weekend programs, trips, and after-school programs. Our classes offer cooking, dance and fitness programs. We have an extensive summer camp program offering both day and overnight options. We are involved in numerous Special Olympics Sports. And we provide numerous city-wide special events.



For more information

or to receive our brochure contact Michael Figueroa at 206-684-4950 or email Michael.Figueroa@seattle.gov

AEROBICS/FITNESS

PILATES

Ages 18 and older

People are crazy for Pilates, all for good reasons! Tone your muscles and strengthen your abdomen to support your spine and improve flexibility. Join us for abdominal stretches, legwork, and back exercises all designed by Joseph Pilates. This class is perfect for all fitness levels. Bring an exercise mat. No Class 11/11 or 12/23.

Location: Northgate

- ☐ #60088 9/13 - 10/11
- ☐ #60089 10/18 - 11/15
- ☐ #60090 11/22 - 12/20
- Mon. 5 - 6 p.m.

- ☐ #60085 9/9 - 10/7
- ☐ #60086 10/14 - 11/18
- ☐ #60087* 12/2 - 12/30
- Thu. 6 - 7 p.m.

Activity Fee: *\$40, \$49

VINYASA YOGA

Ages 18 and older

Join us for an intermediate/open level class for those who want a deeper and more challenging experience. This flowing asana practice builds strength, flexibility, and understanding of yoga poses.

Location: Northgate

- ☐ #60096 9/7 - 10/5
- ☐ #60097 10/12 - 11/9
- ☐ #60098 11/16 - 12/14
- Tue. 6:15 - 7:30 p.m.

Activity Fee: \$49

WHY NOT UN-KNOT YOGA

Ages 18 and older

GOODBYE STIFF BODY YOGA! Don't let inflexibility limit your health, zap your energy or restrict your freedom of movement. This yoga practice is accessible to everyone but still deep in its impact. Enjoy releasing long held tensions, both physically and emotionally while developing muscles and stamina. Side effects: increase in energy & happiness, improved circulation, stress reduction and much more! All levels welcome. The instructor is a Kripalu-certified yoga teacher with 30 years of practicing yoga and meditation.

Location: Northgate

- ☐ #60103* 9/13 - 10/25
- ☐ #60104 11/1 - 12/6
- Mon. 6:15 - 7:45 p.m.

Activity Fee: \$55, *\$64

HATHA YOGA BEGINNING

Ages 18 and older

This introduction to basic Hatha yoga incorporates poses, breathing practices, and relaxation techniques for beginners and persons recovering from recent illness or injury. Bring a pad or large blanket, empty stomach, and bare feet to class. No class 11/11 & 11/25. Min.7.

Instructor: Margaret McAndrew

Location: Green Lake

- ☐ #59910 9/23 - 10/21
- ☐ #59911 10/28 - 12/9
- Thu. 6:25 - 7:25 p.m.

Activity Fee: \$38

HATHA YOGA

Ages 18 and older

This multi-level class incorporates regular practice of Hatha Yoga postures (asanas) with breath awareness (pranayama) to increase vitality, flexibility, and good muscle tone and stimulate the circulatory, respiratory, endocrine, and immune systems. Working knowledge of the basics is helpful but not necessary. Bring a large blanket or pad, bare feet, and an empty stomach. This class is not appropriate for women during pregnancy. Min 7.

Instructor: Margaret McAndrew.

Location: Green Lake

- ☐ #59908 9/21 - 10/26
- ☐ #59909 11/2/ - 11/30
- Tue. 10 - 11 a.m.

- ☐ #59912* 9/23/ - 10/14
- ☐ #59913* 10/28 - 12/9
- Thu. 7:30 - 8:45 p.m.

Activity Fee: \$45, *\$48

YOGA FOR FOLKS 65 AND OLDER

Ages 65 and older

If you feel stiff, creaky or easily winded, this is the class for you. Warming-up is followed with movements (asanas) using chairs, walls, blocks or belts as needed. Breathing (panayama) and relaxation techniques raise our energy level while refreshing mind, body and spirit. No Class 10/8. Min 7.

Instructor: Margaret McAndrew

Location: Green Lake

- ☐ #59989 9/20 - 9/27
- ☐ #59990* 10/4 - 10/25
- ☐ #59991** 11/1 - 11/29
- ☐ #59992* 12/6 - 12/27
- Mon. 10 - 11:15 a.m.

Activity Fee: \$10, *\$20, **\$25

- ☐ #59993 9/24
- ☐ #59994† 10/1 - 10/29
- ☐ #59995* 11/5 - 11/19
- ☐ #59996** 12/3 - 12/17
- Fri. 10 - 11:15 a.m.

Activity Fee: \$5, *\$10, **\$15, †\$20

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reduce your carbon footprint at*

www.seattlecan.org




ADULT PROGRAMS

PERFORMING ARTS/DANCE

BALLET FOR ADULTS

Ages 18 - 60

 Has it been a while since you took ballet? Or are you interested in trying ballet for the first time? Beginning Ballet is a great way to exercise and enjoy dancing. This class focuses on anatomically sound technique and alignment driving us through a range of dynamic expression while working towards a strong, flexible and articulate body.


Location: Northgate

- ☐ #60036 9/8 - 10/13
- ☐ #60037 10/20 - 11/24
- Wed. 7 - 8 p.m.

Activity Fee: \$49

LET'S DANCE!

Ages 16 and older

 This beginning dance class will have you twinkling on your toes in no time! Learn the tango, cha-cha, fox trot, rumba, waltz, swing and salsa. No partner necessary. Instructor Charla Jennings is a certified ballroom dance instructor.

Location: Northgate

- ☐ #61408 9/23 - 11/4
- Thu. 7:30 - 8:30 p.m.

Activity Fee: \$64

HAWAIIAN HULA DANCE

Ages 10 - 65

Exercise that's fun and low impact. Learn dance steps, hand movements, language and customs in a welcoming, creative environment. Fit them together in the telling of a story. Participate in the energy and expression that is hula. Min 5.

Location: Green Lake

- ☐ #59914 9/7 - 9/28
- ☐ #59915 10/5 - 10/26
- ☐ #59916* 11/2 - 11/30
- ☐ #59917 12/7 - 12/28
- Tue. 5:45 - 6:45 p.m.

Activity Fee: \$40, *\$50

BEGINNING AFRICAN DANCE

Ages 15 and older

Participants will learn the basic movement of African dance. This class is for beginners. This class will be a stepping stone to prepare the student for intermediate and advanced African dance classes. The dance class focuses on dance movements from West Africa. Jacques Johnson started African dance in 1990 at the Langston Hughes Cultural Arts Center. His inspiration came from a group formerly known as Northwest Afrikan American Ballet when they performed in Seattle. His training includes West African dance from Senegal, Guinea, Ghana, Liberia and the Congo. Min 6.

Location: Green Lake

- ☐ #59898 9/25 - 10/23
- Sat. 12:30 - 2 p.m.

Activity Fee: \$52

- ☐ #59899 10/30 - 11/27
- Sat. 12:30 - 2 p.m.

Activity Fee: \$65

VISUAL ARTS/CRAFTS

CREATIVITY AND POSSIBILITY

Ages 18 and older

Our creative lives are not a luxury. We need them now more than ever in order to stay innovative in times of change. Through reflective writing and painting, we'll build the creative muscles that will help us build lives of meaning and inspiration. No Class 11/11.

Location: Northgate

- ☐ #60046* 9/9 - 10/7
- ☐ #60047 10/14 - 11/18
- Thu. 6:30 - 7:30 p.m.

Activity Fee: \$41, *\$50 (sibling discount \$5)

BEGINNING ADULT POTTERY

Ages 18 and older

Students will learn the basic hand build slab, coil technique and wheel throwing cups, bowl, plate and alter form. You will be introduced to design the surface and explore various methods of under glaze method, facet, flute, stamps making and glaze resist... etc. It is a great time to start making your Christmas gift. Student will receive a free bag of clay and access to studio during the quarter. Sign up early. Min 8.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59896 9/14-11/16
- Tue. 6 - 9 p.m.

Activity Fee: \$240

INTERMEDIATE ADULT POTTERY

Ages 18 and older

The continuing pottery class will allow students with basic throwing skill wanting to work with bigger forms like casserole, tea pot set, agateware and sculpture. Explore different technique of surface decoration, slip trailing, sgraffito, monprinting, inlaying and sculpture casting. Sign up your love one for Christmas or a birthday gift. Students will receive free bag of clay and free access to the studio during the quarter. Sign up early. No Class 11/11 & 11/25. Min 8.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59897 9/16-12/2
- Thu. 6 - 9 p.m.

Activity Fee: \$240

SENIOR POTTERY

Ages 50 and older

All levels are welcome. In ten weeks of class students will learn to hand build tableware, from coil, slab, press mold, slip decoration, tile making, agateware and some throwing alter form. Students will receive a free bag of clay and access to the studio during the quarter. Sign up early. Min 7.

Instructor: Liang-Yin Chen

Location: Green Lake

- ☐ #59967 9/14 - 11/16
- Tue. 10 a.m. - Noon

Activity Fee: \$160

ADULT PROGRAMS

MARTIAL ARTS

GOJU-RYN KARATE/ SELF DEFENSE

Ages 16 and older

Our instructor has worked with Green Lake Community Center for many years. He brings his in-depth knowledge, experience, and warm personality working with students on basic to intermediate karate techniques including punching, kicking, and light grappling. Some judo and aikido techniques will also be covered occasionally.

Instructor: Andrew McLane

Location: Green Lake

☐ #59907 9/13 - 12/13
Mon. 7 - 9 p.m.

Activity Fee: \$56

SHORINJI KEMPO

Ages 18 - 60

Our instructor teaches this martial art rooted in the life philosophy of Kongo Zen that includes kicks, punches, blocks, break holds, locks, pins, throws, and pressure-point techniques for therapy and self defense. Observers can drop in any time; new students can start on the first practice day of each month. No Classes 11/11 & 11/25. Min 4.

Instructor: Hiroshi Onaka

Location: Green Lake

☐ #59968 9/7 - 9/30
☐ #59969 10/5 - 10/28
☐ #59970 11/2 - 11/30
☐ #59971 12/7 - 12/30
Tue./Thu. 7 - 9 p.m.

Activity Fee: \$32

ZY QIGONG LEVEL 1

Ages 14 and older

Come join Jean Clough and Karen Fletcher, certified qigong instructors as they teach one of the world's most ancient and complete healing and self-development systems. Learn to: activate your energy center and system; absorb, generate, and move energy; increase your energy level and vitality; reach a deep relaxed state; balance and improve your immune and digestive systems, and feel more present with your daily life. Min 12.

Instructors: Karen Fletcher & Jean Clough


Location: Green Lake

☐ #60002 9/22 - 11/10
Wed. 5:15 - 6:45 p.m.

Activity Fee: \$89

CHINESE MARTIAL ARTS AND SELF DEFENSE

Ages 16 and older

 Structured, fun and challenging classes offering traditional Chinese martial arts for beginners and experienced students. Training emphasizes finding and maintaining one's center, self-discipline, standardized progression of skills, practical techniques for self-protection, and strategies for peacefully resolving confrontations.

Location: Northgate

☐ #61971 9/21 - 11/9
Tue./Thu. 7:45 - 8:45 p.m.

Activity Fee: \$65 (\$60 for additional family members)

LIFELONG LEARNING

COOKIE BAKE & EXCHANGE

Ages 16 and older

Are you a closet cookie monster? If so join us for our first cookie bake and exchange. Bring your favorite cookie batter, unbaked of course, to share. Bake, eat, and enjoy meeting others who also love cookies! Several types of cookies will be provided by Cheryl. Also bring your own container to take some of the special treats home.


Location: Northgate

☐ #60041 12/9
Thu. 6:30 - 9 p.m.

Activity Fee: \$10

ENGLISH AS A SECOND LANGUAGE (ESL)

Ages 17 and up

 Structured, fun and progressive classes focus on basics of English reading, writing and conversation. This class promotes a natural progression of skills, with the goal of practical English reading skills and eventual fluency in conversational English. Classes are taught in English to encourage practice and questions during class. Class curriculum includes English vocabulary, spelling, grammar, idioms and expressions, and preparation for the TOEFL exam. Please bring a notebook, pen or pencil. Instructor: Dennis Mace, a certified ESL instructor from Seattle School of TESL (2004 graduate, accredited through Seattle University), with teaching experience in Asia.

Location: Northgate

☐ #61974 9/21 - 11/9
Tue./Thu. 5:30 - 6:30 p.m.

Activity Fee: \$60 (\$52 for additional family members)



LIFELONG RECREATION

AEROBICS/FITNESS

FALUN GONG

FREE

Ages 50 and older

Meditation exercises for self-healing and rehabilitation that consists of five sets of simple movements. Participants learn to cultivate truth, compassion, and tolerance through powerful ancient Chinese exercise that help to improve their bodies, minds, and spirits.

Instructor: Mathew Wang

Location: Northgate

- ☐ #60051 9/8 - 12/29
- ☐ #61008 10/6 - 12/8
- Wed. 11 a.m. - Noon**
- ☐ #61007 10/9 - 12/18
- Sat. 11 a.m. - Noon**

CONDITIONING FOR FREE WEIGHTS

Ages 50 and older

This class is for everyone wanting to get stronger. It will focus on functional strength-using free weights, foam rollers and tubes. No Class 11/11/10, 11/25/10, 12/23/10

Instructor Sheryl Love

Location: Northgate

- ☐ #60039 10/12 - 12/28
- Tue. 9 - 10 a.m.**

Activity Fee: \$60

- ☐ #60040 10/14 - 12/30
- Thu. 9 - 10 a.m.**

Activity Fee: \$45

CIRCUIT TRAINING

Ages 50 and older

Increase your strength, muscle tone and stamina in this class using state of the art weight room equipment. Work through different stations as you focus on various muscle groups.

Instructor: Jane Shearer

Location: Northgate CC

- ☐ #60951 10/15 - 12/17
- Fri. 9:30 - 10:30 a.m.**

Activity Fee: \$35

SENIOR AEROBICS

Ages 50 and older

Come get in shape and feel good through aerobic conditioning. Classes include aerobic workout and strength training. These courses are geared to those who are 50 years old or better.

Instructor Suzanne Matchett.

Location: Northgate CC

- ☐ #61165 10/4 - 12/13
- Mon. 10:15 - 11:15 a.m.**

Activity Fee: \$28

ZUMBA GOLD

Ages 50 and older

Gold Zumba is the popular dance fitness program written up in AARP magazine currently sweeping the country. Geared to beginning dancers and those over 50, the low-impact, easy-to-follow movements are inspired by Latin music and dance, so instead of exercise, you feel like you've been to a Mardi Gras party!

Instructor: Mish Mish

Location: Northgate CC

- ☐ #61191 10/7 - 12/16
- Thu. Noon - 1 p.m.**

Activity Fee: \$42

STRENGTH & CONDITIONING

Ages 50 and older

First half of class is aerobic warm up and second half is strength building. Use various equipment to improve strength and flexibility.

Instructor: Blanka Jindrich

Location: Northgate CC

- ☐ #61173 10/6 - 12/15
- Wed. 8:30 - 9:30 a.m.**

Activity Fee: \$35

TAI CHI (WU STYLE)

Ages 50 and older

In this gentle martial art you will find your center of balance, and get improved circulation with slow, gentle, and short movements.

Instructor: John Proebstel

Location: Northgate CC

- ☐ #61176 10/4 - 12/13
- Mon. 1 - 2 p.m.**

Activity Fee: \$35

LIFELONG LEARNING

SECRETS TO MAINTAINING A HEALTHY MIND THROUGH LIFE **FREE**

Ages 50 and older

Listen to tips and ideas about how to keep your mind healthy as you age. Taught by an Alzheimer's doctor from Pacific Medical Center.

Location: Northgate CC

- ☐ #61163 11/17
- Wed. 11 a.m. - 12:30 p.m.**

GET THE MOST FROM YOUR CELL PHONE **FREE**

Ages 50 and older

The cell phone is a tool that we all have, but one that is not used to its full potential. The folks in the know from AT&T will be here to give a lesson in cell phone 101, and help you learn beyond the basics to make your cell phone work for you. Class is limited to 8 participants.

Location: Northgate CC

- ☐ #61137 10/13
- Wed. 10 - 10:45 a.m.**
- ☐ #61138 10/13
- Wed. 11 - 11:45 a.m.**

GIFTS FROM YOUR KITCHEN

Ages 50 and older

A yummy mix of treats both sweet and savory to enjoy during the holidays yourself, or to give as gifts.

Instructor: Cheryl Brown

Location: Northgate CC

- ☐ #61139 11/10
- Wed. 1 - 3 p.m.**

Activity Fee: \$25

ADVANCED DIRECTIVES WORKSHOP **FREE**

Ages 50 and older

Now is the time to make your own decisions about end of life issues. In this workshop you will get information from Compassion and Choices on death with Dignity and Advanced Directives, as well as begin the process of recording your wishes.

Location: Northgate CC

- ☐ #60883 11/3
- Wed. 11 a.m. - Noon**

VISUAL ARTS

SENIORS MAKING ART/ DRAWING W/PASTELS & PENCILS **FREE**

Ages 50 and older

Artist Howard Hansen will teach you how to draw with a variety of pastels and pencils. All supplies included in this great class sponsored by Seniors Making Art. Open to new students only through August 18. Please register by calling 386-9106

Location: Northgate CC

9/22 - 11/3

Wed. 10 a.m. - Noon

WATERCOLOR

Ages 50 and older

Develop your old or new passion for painting in this relaxed and fun class. No experience required, just the desire to paint and learn! Bring what supplies you have to the first class, then purchase what you need.

Instructor: Jan Morris

Location: Northgate CC

- ☐ #61180 **10/4 - 12/13**
Mon. 9:30 - 11:30 a.m.
- ☐ #61181 **10/4 - 12/13**
Mon. 11:30 a.m. - 1:30 p.m.

Activity Fee: \$75

SPECIAL EVENTS

HOLIDAY TEA

A dessert tea and holiday cheer! Snack on some great holiday sweets, enjoy holiday music and a holiday sing a long! Bring a friend and register by November 30.

Location: Northgate CC

- ☐ #61140 **12/8**
Wed. 1 - 2:30 p.m.

Activity Fee: \$5

TRIPS AND HIKEs

You need to register in advance for all trips and hikes! Please call Cheryl at 206-386-9106 or visit your local community center to register.

Pick up sites and times:

Magnuson Brig (Bldg 406)

Pick up 30 minutes before the time listed.

Meadowbrook CC: 10517 35th Ave NE

Pick up 15 minutes before the time listed.

Northgate JC Penney's Parking Garage (between south entrance and garage)

Pick up at time listed.

NIFTY THRIFTY

The bargain shoppers dream! We will go to several of the best thrift shops, outlet and dollar stores in the area as well as a great bargain lunch stop (on your own).

- ☐ #61038 **10/11**
Mon. 9:30 a.m. - 4 p.m.

Activity Fee: \$8

FALL IN SNOHOMISH

Something for everyone on this trip north to Snohomish. First stop historic downtown Snohomish for a few hours of antiquing and lunch (on your own). Next stop, The Farm for a chance to pick your Halloween pumpkin right out of the field, see the goat performance and experience fall on the farm. At any rate...fall is in the air!

- ☐ #61126 **10/25**
Mon. 10 a.m. - 4 p.m.

Activity Fee: \$8

ARTS ALIVE IN LACONNER

Take a holiday tour of the arts in La Conner during their 26th annual Arts Alive! celebration. Tour the shops to see local artist work, take the time to visit the quilt and art museum and enjoy lunch in one of the many great restaurants in town. Admissions and lunch on your own.

- ☐ #61031 **11/6**
Sat. 9 a.m. - 5 p.m.

Activity Fee: \$17

DROP-IN PROGRAMS

BALLROOM BOOGIE

Ages 50 and older

Get your dancing shoes on and join us on the first Friday of every month at Northgate CC for the fox trot, waltz, jitterbug or whatever suits you! Our thanks to Aljoia at Thornton Place for providing live music and refreshments.

Location: Northgate CC

- ☐ #60885 **10/1**
- ☐ #60886 **11/5**
- ☐ #60887 **12/3**
Fri. 1 - 3 p.m.

Activity Fee: \$4

BALLROOM DANCE LESSONS

Ages 50 and older

Instructor: Betty McLain

Location: Northgate CC

- ☐ #60888 **10/1 (Swing)**
- ☐ #60889 **11/5 (Slow Waltz)**
- ☐ #60890 **12/3 (Tango)**
Fri. Noon - 1 p.m.

Activity Fee: \$4

SIT AND KNIT/ CROCHET **FREE**

Ages 50 and older

Plan and work on new projects, fix and finish shelved projects. Bring yarn, needles/hooks, patterns and ideas! Great group support!

Location: Northgate CC

- ☐ #61171 **10/4 - 12/13**
Mon. Noon - 1 p.m.

FRIDAY LUNCH AND CINEMA

Ages 50 and older

Enjoy a movie and great homemade lunch at Northgate CC!

Location: Northgate CC

- ☐ #61128 **10/15**
Letters to Juliet
- ☐ #61129 **11/19**
500 Days of Summer
- ☐ #61130 **12/10**
An Education
Fri. 11 a.m. - 2 p.m.

Activity Fee: \$6 (lunch and movie)

Evans Pool

7201 E Green Lake Dr N

Seattle, WA 98115-5301

Phone: (206) 684-4961

Fax: (206) 684-0881

Holiday Closures:

9/6	Labor Day
11/11	Veterans Day
11/25 & 11/26	Thanksgiving Holiday
12/24	Christmas Day (Observed)
12/25	Christmas Day
12/31	New Years Day (Observed)
1/1	New Years Day

Program Registration

August 10 Fall Programs

Swim lesson registration

First day of registration for classes is August 10, 2010.

NEW Program!

BEGINNING SPRINGBOARD DIVING

Please see page 26 for more details.

6:15 - 7 p.m.

Tuesday #59805 or #59807

Thursday #59806 or #59808



Facility Closures for Parks and Recreation Furlough Days:

Because of the revenue shortfall that is cutting into department operating budgets, the City asked employees to take 10 furlough (unpaid) days off from work in 2010. This includes both the staff who works in our recreation facilities and Parks and Recreation management. To minimize the impact on you, our customers, we will carry out the furlough plan by closing our doors on 10 Fridays, our lowest attendance days of the week, on these remaining dates: **September 10, October 8, November 12, and December 23.**

Things to Know About our Pool:

- Dimensions: 25 yards x 15 yards.
- Water Temperature: 85 degrees.
- Depth Range: 3 feet - 12 feet 6 inches.
- 72 lengths = 1 mile.
- Sauna available for use with recreation admission.
- Children younger than 6 or less than 4 feet tall must have an adult with them at all times in the water.
- ADA Pool lift and portable steps are available for our non-ambulatory patrons.
- We accept MasterCard, VISA, and American Express.
- Evans Pool is a multi-use facility and may be used for different functions than noted. Occasionally more than one program will be scheduled in the pool at the same time. We strive to serve the diverse swimming needs of the public.
- The pool is served by Metro bus #48

QUICK CARD!

The "Quick Card" is replacing many of the punch cards used throughout Seattle Parks and Recreation.



Pick up a "Quick Card" and load with:

30-Day Swim Fitness/Recreation*

\$50 (Adult) or \$35 (Senior/Youth)

Drop -in Activities at the International District/Chinatown Community Center

....or get a DISCOUNT on standard single -visit pricing at swimming pools

Recreation Swims (initial purchase minimum of 10 visits) for \$37.50 Adult or \$25 Senior/Youth

Fitness Swims (initial purchase minimum of 10 visits) for \$45 Adult or \$27.50 Senior/Youth

Your reusable Seattle Parks and Recreation "Quick Card" will have your barcode and photo. Once you have a card, you can renew or add features at any of our pools. Sorry, family cards are not available.

***valid for 30 continuous days and is non-transferable.**

Pool Policies

- Please enter through the front entrance and check-in with the pool cashier before entering the pool area.
- Evans Pool is a family facility; please dress and act appropriately.
- We are not responsible for any lost or stolen items. We will keep lost and found items for 60 days. Valuables will be turned over to Seattle Police.
- Children 6 years and older must use locker rooms appropriate for their gender.

FEES AND CHARGES

Recreation Swim Prices

Youth	\$2.75
Adult	\$4
Senior	\$2.75
Special Pop/ADA	\$2.75
Children under 1 year	Free

Fitness Swim Prices

Youth	\$3
Adult	\$5
Senior	\$3
Special Pop/ADA	\$3

Swim Lesson Fees

Swim Lessons	\$5.50
3-Year-Olds Lessons	\$9
Private Lessons 1:1	\$30 per ½ hour
Semi-Private Lessons 2:1	\$37 per ½ hour

Other Fees

"Shower Only"	General Admission
Towel Rental	50¢
Goggles	\$.55/\$15
Caps	\$3/\$8
Sauna	General Admission



SPECIAL EVENTS

FALL PUMPKIN SWIM

FREE

The swim is FREE, the theme is Fall Harvest, and the atmosphere is FUN! Join our staff for our celebration of fall and our community! There will be pumpkins, games, prizes, and best of all...YOU!

10/29 7 - 8 p.m.

EVANS POOL HARVEST POTLUCK

FREE

Come and gather with the patrons, staff, and community of Green Lake! We will set up the pool with tables and chairs; you're welcome to bring a dish to share, and maybe a story or two. Be prepared to make a friend and enjoy some great food!

10/30 Noon - 2:30 p.m.

WINTER WIPEOUT

Bring your child to the pool 3:30 - 8 p.m. so you can do some holiday shopping, prep the house for the guests, or just for something to do. We will watch a movie, swim, play games, and order pizza. This camp is designed for children ages 6-13.

12/20 - 12/22 3:30 - 8 p.m.

- ☐ #59856 Mon.
- ☐ #59857 Tue.
- ☐ #59858 Wed.

Activity Fee: \$25 per day

LIFEGUARD TRAINING

This class is designed to teach you how to respond to emergencies in an aquatic environment. Skills include land and water rescues, water spinal management, CPR/AED for the professional rescuer, and basic first aid.

Required Pretest:

12/10 or 12/17 7 - 8 p.m.

Pretest consists of a 300yd swim using crawl stroke and breast stroke. Swim 20 yards and surface dive 7-10ft and pick up a 10 pound brick and swim 20yds back to the starting point and exit the water in under 1 min 40 sec.

**It is required to pass a pretest prior to the first day of class. If student does not pass the pretest the course fee will be refunded.*

Deadline to register: Dec. 17, 2010

- ☐ **59834 12/20-22 & 12/27-29**
- Mon./Wed. 1:30 - 8 p.m.**
- Tue. 1:30 - 5:30 p.m.**

Activity Fee: \$125

NORTHWEST LIFEGUARD TEST IS 10/24, 9 A.M. AT EVANS POOL

SWIMMING SCHOLARSHIP FUND!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Children's Hospital, has provided a generous donation which allows for supplemental scholarship funding in addition to our existing low income scholarship offerings, for youth group swim lessons. Please contact the pool for more information and to receive a Low Income Scholarship application. Funding is limited. Approved scholarships may be used for any of the following group swimming lesson programs:

Ages 4 to 5

Kinder swimming lessons

Ages 6 to 16

Beginning Youth lessons

Ages 6 to 16

Advanced Youth lessons



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

RENTALS

Evans Pool is available for special events and birthday parties Saturdays from 5:30 - 11 p.m. and Sundays from 10 a.m. to 8 p.m. Please allow two weeks advance notice for all rental requests. The standard fee for one hour pool and one hour deck time for fewer than 30 swimmers is \$201.50 (fee increase with additional swimmers). We do require payment to hold your reservation. For more information or to put in a rental request, please call 206-233-1506.

EVANS POOL DROP-IN PROGRAMS

RECREATION SWIMS

\$4 Adults, \$2.75 Senior/Youth/ADA

To maximize public use, we schedule our programs back-to-back and will begin setting up for the next program 2-3 minutes before it begins to ensure that each swim starts on time. We appreciate your understanding!

EARLY MORNING LAP

Early Morning Lap Swim is a great opportunity for early morning swimmers. It's for lap swimmers of all ages; we set up all 6 lanes according to speed levels. You'll need a pre-purchased swim card, check or correct change for entry.

Mon. - Fri. 6 - 7:30 a.m.

LAP SWIM

Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels.

Mon. - Thu. 5:30 - 6:30 p.m. 6 lanes

Friday 5:30 - 7 p.m. 6 lanes

Monday-Friday* Noon - 2:30 p.m. 3 lanes

**Share pool with public swim 1:30-2:30*

Monday-Friday 2:30 - 4 p.m. 3 lanes (9/7-11/10 only)

Saturday 8:30 - 10 a.m. 6 lanes

4:30 - 5:30 p.m. 6 lanes

Notice: Change in Schedule

Beginning 11/15, the 2:30 - 4 p.m. lap swim will be canceled for swim team practice. The 2:30 - 5:30 p.m. lap swim will be canceled on the following Fridays due to swim meets: 9/10, 10/1.

ADULT AND SENIOR SWIM

Adult Swim is time set aside for recreational swimming for adults 18 or older. We set aside one part of the pool for lap swimming and leave the rest of the pool available for less structured swimming. Shared with lessons on Saturdays.

Mon. - Sat. Noon - 1:30 p.m. 3 lanes

LOW LEVEL LIGHTING ADULT JAZZ NIGHT

Tue./Thu. 9 - 10 p.m. 3 lanes

PUBLIC SWIM

Public swim is a time set aside for recreational swimming for swimmers of all ages to enjoy. Children younger than 6 or under 48" in height must be directly supervised in the water by an adult who is within a distance of an arm's length at all times.

Mon. - Fri. 1:30 - 2:30 p.m. Half pool

Tue./Thu./Fri.* 7 - 8 p.m.

Saturday 1:30 - 2:30 p.m., 3:30 - 4:30 p.m.

***Free teen swim on Tuesdays. Must sign in at front desk.**

FAMILY SWIM

Family swim is a quieter time for families. All children must be accompanied in the water by an adult and those younger than 6 or under 48" in height must be directly supervised by an adult who is within an arm's length at all times.

Mon./Wed. 3 - 4 p.m. ½ pool

FITNESS PROGRAMS

MASTERS WORKOUT

Masters Workout is a structured workout led by experienced instructors/coaches designed to help you get in shape, stay in shape, or prepare for an important swim meet. Workouts are for adults 18 and older.

Tue./Thu. 8 - 9 p.m.

\$5 Adults, \$3 Senior/Youth/ADA

DEEP WATER EXERCISE

This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.

Mon.-Sat. 10 - 10:45 a.m.

Mon./Wed. 8:10 - 8:55 p.m.

\$5 Adults, \$3 Senior/Youth/ADA

SHALLOW WATER EXERCISE

Water exercise class is designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Mon. - Fri. 10 - 10:55 a.m.

\$5 Adults, \$3 Senior/Youth/ADA

LAP SWIMMING COURTESY RULES

1. Swim to the right of the lane.
2. Pass a slower swimmer in the middle of the lane.
3. Be aware of faster swimmers; wait at the wall for them to pass.
4. Move to a slower lane when passed regularly
5. Stand to the right side of the lane when resting or adjusting equipment.

Ask Lifeguard for assistance if you have a question!

For more insight into lap swim courtesy, you may check online at www.cartegic.com/poolgeneral.htm

Diaper Policy

In the interest of public health, children who are not toilet trained must wear swimming diapers or a cloth diaper that has tight fitted legs. Children's swim diapers are available for sale at the front desk for \$1.50.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	EMLS* 6-7:30 a.m.	EMLS* 6-7:30 a.m.	EMLS* 6-7:30 a.m.	EMLS* 6-7:30 a.m.	EMLS* 6-7:30 a.m.		Rentals 8a.m.-10p.m. Call to schedule 233-1506
6:30							
7							
7:30	Seattle Public Schools 7:30-9:30 a.m.	Seattle Public Schools 7:30-9:30 a.m.	Seattle Public Schools 7:30-9:30 a.m.	Seattle Public Schools 7:30-9:30 a.m.			
8							
8:30							
9	Water Exercise Shallow 10-10:55 a.m. Deep 10-10:45 a.m.	Water Exercise Shallow 10-10:55 a.m. Deep 10-10:45 a.m.	Water Exercise Shallow 10-10:55 a.m. Deep 10-10:45 a.m.	Water Exercise Shallow 10-10:55 a.m. Deep 10-10:45 a.m.	Water Exercise Shallow 10-10:55 a.m. Deep 10-10:45 a.m.	Lap Swim 8:30-10 a.m.	
9:30							
10							
10:30	Lessons 11 a.m.-Noon	Lessons 11 a.m.-Noon	Lessons 11 a.m.-Noon	Lessons 11 a.m.-Noon	Lessons 11 a.m.-Noon	Deep Water Ex & Lessons 10-10:55 a.m.	
11							
11:30							
Noon	Adult Swim Noon-1:30 p.m.	Adult Swim Noon-1:30 p.m.	Adult Swim Noon-1:30 p.m.	Adult Swim Noon-1:30 p.m.	Adult Swim Noon-1:30 p.m.	Lessons 11 a.m.-Noon	
12:30							
1							
1:30	Lap & Public Swim 1:30-2:30 p.m.	Lap & Public Swim 1:30-2:30 p.m.	Lap & Public Swim 1:30-2:30 p.m.	Lap & Public Swim 1:30-2:30 p.m.	Lap & Public Swim 1:30-2:30 p.m.	Adult Swim Noon-1:30 p.m.	
2							
2:30							
3	Lap Swim 2:30-4 p.m. Family Swim 3-4 p.m. <i>½pool each ends 11/8</i>	Lap Swim 2:30-4 p.m. <i>3 lanes each ends 11/9</i>	Lap Swim 2:30-4 p.m. Family Swim 3-4 p.m. <i>½pool each ends 11/10</i>	Lap Swim 2:30-4 p.m. <i>3 lanes each ends 11/4</i>	Lap Swim 2:30-4 p.m. <i>ends 11/5</i>	Lap & Public Swim 1:30-2:30 p.m.	
3:30							
4							
4:30	Cascade 4-5:30 p.m.	Lessons 4-5:30 p.m.	Cascade 4-5:30 p.m.	Lessons 4-5:30 p.m.	Cascade 4-5:30 p.m.	Lessons 2:30-3:30 p.m.	
5							
5:30							
6	Lap Swim 6 Lanes 5:30-6:30 p.m.	Lap Swim 6 Lanes 5:30-6:30 p.m.	Lap Swim 6 Lanes 5:30-6:30 p.m.	Lap Swim 6 Lanes 5:30-6:30 p.m.	Lap Swim 6 Lanes 5:30-7 p.m.	Public Swim 3:30-4:30 p.m.	
6:30							
7							
7:30	Lessons 6:30-8 p.m.	Teen Swim & Public Swim 7-8 p.m.	Lessons 6:30-8 p.m.	Public Swim 7-8 p.m.	Public Swim 7-8 p.m.	Lessons 2:30-3:30 p.m.	
8							
8:30							
9	Deep Water Exercise 8:10-8:55 p.m. Adult Lessons 8-9 p.m.	Masters 8-9 p.m.	Deep Water Exercise 8:10-8:55 p.m. Adult Lessons 8-9 p.m.	Masters 8-9 p.m.		Public Swim 7-8 p.m.	
9:30							

Pool Closed 9/6 (Labor Day) and 11/11 (Veterans Day) and 11/25 (Thanksgiving)

Fall Registration begins August 10, 2010. Register online @ SPARC, call, or in person.

*Early Morning Lap Swim (EMLS) admission by pre-paid Quick Card, check or exact change.

EVANS POOL SWIMMING LESSONS

Hints for swimming lessons:

- » Please read the lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class. If you are unsure of your child's ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer him or her to the appropriate level if there is space available. Most children take a year or more to move from Beginning to Advanced Youth.
- » Help children develop their skills and have fun by bringing them to a public or family swim.
- » A minimum of 4 students is required for all classes. We may combine or cancel programs if not enough children sign up..
- » Please stay away from the pool edge during lessons and keep children who are not participating in lessons with you at all times.
- » Please direct questions to the pool cashier or lesson supervisor.
- » Please limit shower time to conserve water and energy. It's good for us and the planet!
- » In the event of unplanned lesson cancelation, we will attempt to reschedule the class; if this is not possible, a credit will be issued to your account. We do not give refunds or credits if you miss a class.
- » Lesson participants can use the sauna/spa/warm pool after lessons to warm up for five minutes. Children must be directly supervised by a parent. The sauna/spa/warm pool is available for a small fee.

Tot Lessons (Ages 6 months - 4 years)

Under the guidance of an instructor parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3)

Children learn basic swimming skills and water safety in these small group classes. We introduce children to these swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor. We maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5)

Participants will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawlstroke with bilateral side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class children are sorted into groups by ability level.

Beginning Youth Lessons Levels 1-3 (Ages 6 - 16)

Our American Red Cross lessons emphasize safety, fitness, and fun! We teach techniques with the use of drills and instructor feedback. All levels include safety components. We will sort children into groups by ability level on the first day of class.

Level 1: Introduction to Water Skills: Getting comfortable with the face in the water and floating and kicking on front, back, and side.

Level 2: Fundamental Aquatic Skills: Crawlstroke, turning over front to back, and introduction to side breathing.

Level 3: Stroke Development: Crawlstroke with bilateral side breathing, backstroke, whip kick, and diving.

Advanced Youth Lessons Levels 4-6 (Ages 6 - 16)

Prerequisite: Swimmers must have passed Level 3, be comfortable in deep water, and swim 25 yards without stopping. We will move participants who do not meet this prerequisite to a Beginning Youth class if there is space available. Pretests are available during Public Swims.

Level 4: Stroke Improvement: Adds breaststroke, butterfly, and elementary backstroke to the previous skills.

Level 5: Stroke Refinement: Adds sidestroke, longer distances, and more refinement of the previous strokes.

Level 6: Skill Proficiency, Fitness Swimming & Personal Water Safety: Teaches increased mastery of technique and endurance in all the strokes, plus safety and rescue techniques.

Special Population Lessons (Ages 6-17)

These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Please call for availability and registration.

Adult Lessons (Ages 16 and older)

Older teens, adults, and senior adults gain essential swimming skills in the Adult Lesson program. From the beginner to the more advanced swimmer, participants will learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, breast stroke, side stroke, butterfly, diving, and water safety skills. We will emphasize increasing strength, endurance and comfort in the water. Instructors will work with participants to help them accomplish their personal swimming goals.

Persoalized Swim Lessons (All Ages)

We offer personal, private swim instruction for all ages and abilities. Our instructors are highly qualified and can tailor the instruction to fit your personal needs. Individual lessons are great for anyone training for a specific event such as an Open Water Swim and for children who need some special one-to-one work to overcome a barrier or to refine their stroke. Please call to schedule, 206-684-4961

1:1 \$30 per ½ hour

2:1 \$37 per ½ hour

Competitive Stroke (Ages 6 - 17)

Experience the fun of competitive swimming. This class is for advanced youth level swimmers who are interested in preparing for swim team or just learning competitive swim skills. The coaches will emphasize improving skills, building teamwork, and having a good time. Prerequisite: Level 4 swimming ability.

Beginning Diving (Ages 6-17)

NEW Learn critical safety habits, basic springboard diving skills, and proper form while supervised by a Diving Instructor. The course includes skill progressions for forward and back dives. (Must pay \$2.75 to practice after class during public swim.) Prerequisite: Level 4 swimming ability, ability to dive from the side, and confidence in deep water.

EVANS POOL SWIMMING LESSONS

Class	Session	Day	Time	Dates	# Classes	Cost	Barcode
Tots	1	Monday	11:30 a.m.	9/13-10/4	4	\$22	59839
		Tuesday	6:30 p.m.	9/14-10/4	4	\$22	59840
		Wednesday	11:30 a.m.	9/15-10/6	4	\$22	59841
		Thursday	6:30 p.m.	9/16-10/7	4	\$22	59842
		Friday	11:30 a.m.	9/17-10/1	3	\$16.50	59843
		Saturday	10 a.m.	9/18-10/9	4	\$22	59844
	2	Monday	11:30 a.m.	10/25-12/13	8	\$44	59845
		Tuesday	6:30 p.m.	10/26-12/14	8	\$44	59846
		Wednesday	11:30 a.m.	10/27-12/15	8	\$44	59847
		Thursday	6:30 p.m.	10/28-12/16	6	\$33	59850
		Friday	11:30 a.m.	10/29-12/17	6	\$33	59852
		Saturday	10 a.m.	10/30-12/18	8	\$44	59853
3 Year Olds	1	Monday	11 a.m.	9/13-10/4	4	\$36	59769
		Tuesday	11 a.m.	9/14-10/4	4	\$36	59770
		Tuesday	11 a.m.	9/14-10/4	4	\$36	59770
		Tuesday	5 p.m.	9/14-10/4	4	\$36	59772
		Wednesday	11 a.m.	9/15-10/6	4	\$36	59773
		Thursday	11 a.m.	9/16-10/7	4	\$36	59774
		Thursday	11 a.m.	9/16-10/7	4	\$36	59775
		Thursday	5 p.m.	9/16-10/7	4	\$36	59776
		Friday	11 a.m.	9/17-10/1	3	\$27	59777
		Saturday	Noon	9/18-10/9	4	\$36	59778
		Saturday	12:30 p.m.	9/18-10/9	4	\$36	59779
		Saturday	1 p.m.	9/18-10/9	4	\$36	59780
	2	Monday	11 a.m.	10/25-12/13	8	\$72	59781
		Tuesday	11 a.m.	10/26-12/14	8	\$72	59782
		Tuesday	11 a.m.	10/26-12/14	8	\$72	59783
		Tuesday	5 p.m.	10/26-12/14	8	\$72	59784
		Wednesday	11 a.m.	10/27-12/15	8	\$72	59785
		Thursday	11 a.m.	10/28-12/16	6	\$54	59786
		Thursday	11 a.m.	10/28-12/16	6	\$54	59787
		Thursday	5 p.m.	10/28-12/16	6	\$54	59788
		Friday	11 a.m.	10/29-12/17	6	\$54	59789
		Saturday	Noon	10/30-12/18	8	\$72	59790
		Saturday	12:30 p.m.	10/30-12/18	8	\$72	59791
		Saturday	1 p.m.	10/30-12/18	8	\$72	59792

Float Tests required for small craft programs can be conducted at any public swim. Photo ID is required. Admission fees apply.

EVANS POOL SWIMMING LESSONS

Class	Session	Day	Time	Dates	# Classes	Cost	Barcode
Kinders 1-2	1	Monday	11 a.m.	9/13-10/4	4	\$22	59816
		Wednesday	11 a.m.	9/15-10/6	4	\$22	59817
		Friday	11 a.m.	9/17-10/1	3	\$16.50	59818
		Saturday	11:30 a.m.	9/18-10/9	4	\$22	59819
	2	Monday	11 a.m.	10/25-12/13	8	\$44	59820
		Wednesday	11 a.m.	10/27-12/15	8	\$44	59821
		Friday	11 a.m.	10/29-12/17	6	\$33	59822
		Saturday	11:30 a.m.	10/30-12/18	8	\$44	59823
Kinders 1-4	1	Monday	6:30 p.m.	9/13-10/4	4	\$22	59824
		Tuesday	4 p.m.	9/14-10/4	4	\$22	59825
		Wednesday	6:30 p.m.	9/15-10/6	4	\$22	59826
		Thursday	4 p.m.	9/16-10/7	4	\$22	59827
		Saturday	10:30 a.m.	9/18-10/9	4	\$22	59828
	2	Monday	6:30 p.m.	10/25-12/13	8	\$44	59829
		Tuesday	4 p.m.	10/26-12/14	8	\$44	59830
		Wednesday	6:30 p.m.	10/27-12/15	8	\$44	59831
		Thursday	4 p.m.	10/28-12/16	6	\$33	59832
		Saturday	10:30 a.m.	10/30-12/18	8	\$44	59833
Youth 1-3	1	Monday	7 p.m.	9/13-10/4	4	\$22	59885
		Tuesday	4:30 p.m.	9/14-10/4	4	\$22	59886
		Wednesday	7 p.m.	9/15-10/6	4	\$22	59888
		Thursday	4:30 p.m.	9/16-10/7	4	\$22	59889
		Saturday	11 a.m.	9/18-10/9	4	\$22	59890
	2	Monday	7 p.m.	10/25-12/13	8	\$44	59891
		Tuesday	4:30 p.m.	10/26-12/14	8	\$44	59892
		Wednesday	7 p.m.	10/27-12/15	8	\$44	59893
		Thursday	4:30 p.m.	10/28-12/16	6	\$33	59894
		Saturday	11 a.m.	10/30-12/18	8	\$44	59895
Youth 4-6	1	Monday	7:30 p.m.	9/13-10/4	4	\$22	59860
		Tuesday	5 p.m.	9/14-10/4	4	\$22	59862
		Wednesday	7:30 p.m.	9/15-10/6	4	\$22	59863
		Thursday	5 p.m.	9/16-10/7	4	\$22	59864
		Saturday	11:30 a.m.	9/18-10/9	4	\$22	59865
	2	Monday	7:30 p.m.	10/25-12/13	8	\$44	59879
		Tuesday	5 p.m.	10/26-12/14	8	\$44	59880
		Wednesday	7:30 p.m.	10/27-12/15	8	\$44	59881
		Thursday	5 p.m.	10/28-12/16	6	\$33	59882
		Saturday	11:30 a.m.	10/30-12/18	8	\$44	59884

EVANS POOL SWIMMING LESSONS

Class	Session	Day	Time	Dates	# Classes	Cost	Barcode
Comp. Stroke	1	Monday	7:30 p.m.	9/13-10/4	4	\$22	59809
		Wednesday	7:30 p.m.	9/15-10/6	4	\$22	59810
		Saturday	11:30 a.m.	9/18-10/9	4	\$22	59811
	2	Monday	7:30 p.m.	10/25-12/13	8	\$44	59812
		Wednesday	7:30 p.m.	10/27-12/15	8	\$44	59813
		Saturday	11:30 a.m.	10/30-12/18	8	\$44	59814
Diving	1	Tuesday	6:15 p.m.	9/14-10/4	4	\$33	59805
		Thursday	6:15 p.m.	9/16-10/7	4	\$33	59806
	2	Tuesday	6:15 p.m.	10/26-12/14	8	\$66	59807
		Thursday	6:15 p.m.	10/28-12/16	6	\$49.50	59808
Special Pops	1	Saturday	2:30 p.m.	9/18-10/9	4	\$22	59835
		Saturday	3 p.m.	9/18-10/9	4	\$22	59836
	2	Saturday	2:30 p.m.	10/30-12/18	8	\$44	59837
		Saturday	3 p.m.	10/30-12/18	8	\$44	59838
Adults	1	Monday	8 p.m.	9/13-10/4	4	\$22	59793
		Monday	8:30 p.m.	9/13-10/4	4	\$22	59794
		Tuesday	11:30 a.m.	9/14-10/4	4	\$22	59795
		Wednesday	8 p.m.	9/15-10/6	4	\$22	59796
		Wednesday	8:30 p.m.	9/15-10/6	4	\$22	59797
		Thursday	11:30 a.m.	9/16-10/7	4	\$22	59798
	2	Monday	8 p.m.	10/25-12/13	8	\$44	59799
		Monday	8:30 p.m.	10/25-12/13	8	\$44	59800
		Tuesday	11:30 a.m.	10/26-12/14	8	\$44	59801
		Wednesday	8 p.m.	10/27-12/15	8	\$44	59802
		Wednesday	8:30 p.m.	10/27-12/15	8	\$44	59803
		Thursday	11:30 a.m.	10/28-12/16	6	\$33	59804



GENERAL INFORMATION

Register online!

READY - Please visit our web site at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

SET - Contact us to obtain your barcode and PIN number. Take time to make sure all of your questions are answered.

GO - Register on line beginning at noon on **August 10**.

In order to make your online registration go as smoothly as possible, please set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/> and click on the SPARC section.

Payment

You can pay for classes and other activities in person or by phone during regular facility hours. You can also register online at www.seattle.gov/parks. Click on the SPARC logo. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and charges

ARC - Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City - Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Evans Pool Refund/Transfer Policy

We may issue a refund if a participant drops a lesson and notifies the programs coordinator, 14 days before the scheduled date. The pool keeps a service charge of \$5 or 10% of the fee, whichever is greater. If a participant drops a lesson with less than 14 days' notice, no refund will be given. We may accept transfers with at least 48 hours' notice and if space is available. Sorry we cannot accept transfers with less than 48 hours' notice.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, lesson, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of \$5 or 10% of the class fee (whichever is greater).
- Anyone who registers for a day class, lesson, camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund. Please read the entire policy, #7.16, for specific information.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact your local community center.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075.

RENTAL INFORMATION

GREEN LAKE C. C.

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: 206-684-0780

Green Lake Community Center rests in a beautiful park near the breathtaking shores of Green Lake. The area's natural beauty and abundant activities draw people from all over Seattle and beyond. People come to enjoy the children's play area, tennis courts, wading pool, paddle boats, kayaking, swimming, walking, biking, rollerblading, 3-par golfing, theatre, sports fields, and open space that surround the lake. There is parking around the lake and on neighborhood streets.

Large Toddler & Preschool Play Space

(54' x 27') with children's playing equipment and toys

Teen Room

(35' x 17') with ping pong table, couches, television

Multipurpose Room No. 1

(42' x 23') with hardwood floors, mirrors

Multipurpose Room No. 3

(42' x 23') with hardwood floors, mirrors, restroom, small kitchen

Gymnasium

(88' x 60') with viewing balcony



NORTHGATE C. C.

10510 5th Ave. NE
Seattle, WA 98125
Phone: 206-38N-GATE

Northgate C. C. is located in the heart of Northgate, just east of Northgate Mall, I-5, and the Northgate Transit Center. It is a beautiful, sustainable and energy-efficient building, and is a great choice for your business or personal events. Opened in 2006, it is Seattle Parks and Recreation's premier facility. It features a gorgeous, bright, and spacious Multipurpose Room with an adjoining commercial-grade kitchen. Meeting rooms can be rented for meetings or small parties. Hold your next large event in our full-court gymnasium.

Gym

Our full-size gym is available for your sporting and non-sporting needs. Bring your basketball buddies, volleyball group or large party to enjoy this pristine open space. This space can only be rented during non-operating hours. Tables and chairs are not provided. Standing capacity is 948.

Meeting and Arts Rooms

Large scenic windows make these rooms perfect for small meetings, clubs and birthday parties. Standing capacities are 20-25.

Large Kitchen

This beautiful kitchen is a chef's dream. With plenty of surfaces and commercial grade appliances, you'll want to cook up a storm! Must be rented in conjunction with Multipurpose Room rental.

Patio

Extend your party from the Multipurpose Room and bring the outdoors in.

Multipurpose Room

This large room is a great spot for banquets, weddings, receptions, birthdays, or any occasion. The room is bright and spacious with large window walls looking into the trees. Projection screens are available in both rooms. This room adjoins the kitchen and the patio. Standing capacity is 179.

EVANS POOL

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: (206)684-4961

Please turn to page 29 for more information on renting the pool.



More Information

Room rentals are available on a first-come, first-served basis. Full payment is due at the time of booking to reserve any room. Room rental fees vary. Reservations can be made over the phone or in person.

Please contact center staff for cost and availability. For a printable rental brochure please visit our website at www.seattle.gov/parks/centers/northgate.htm



Seattle Parks and Recreation
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Seattle, WA 98109-5199

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SATURDAY AUGUST 28 2010
9:30AM - 5PM
WARREN G. MAGNUSON PARK 7400 SAND POINT WAY NE

FREE STAGE PERFORMANCES INCLUDING: RECESS MONKEYS | ADEFUA AFRICAN DANCE AND DRUMMING

FREE PCC FOOD SAMPLES AND ROASTED CORN RECIPES | **5K RUN/WALK** WITH TIMING CHIP, T-SHIRTS AND PRIZES

FUN ACTIVITY BOOTHS FOR THE ENTIRE FAMILY | **3-ON-3 BASKETBALL TOURNAMENT** INCLUDES WHEELCHAIR DIVISION

PADDLING AND BOATING ACTIVITIES AT THE BEACH | **FREE RAFFLE PRIZES** INCLUDING FITNESS AND SPORTING GEAR

FOR MORE INFORMATION PLEASE VISIT WWW.SEATTLE.GOV/PARKS/HEALTHYPARKS/BIG_DAY.HTM